I-RECOVERY KERNEL

Umlinganiso olusisiseko kwiimpembelelo ezahlukeneyo.

Ndingayifumana indlela yokulibazisa kwi-cocaine?

Ukuba unyuke kwi-cocaine, kukubalulekile ukuba ufumane inkxaso. Ukunyuka kwe-cocaine kungaba yinto enzima, kodwa akukho nto engapheliyo. Kukho iindlela ezininzi zokufumana inkxaso, kwaye unokuphucula.

Ngezi ndlela zinganceda:

*** **Fumana ummeli.** Ummeli onempembelelo angakunceda ukuba uqonde ukunyuka kwakho, ufumane inkxaso, kwaye uphimisise ubomi bakho.**
*** **Jojisa kunye nabanye abantu.** Ukuxoxa nabanye abantu abanyuke**

kwi-cocaine kungakunceda ukuba uzivele ungumbhobomvu kwaye ufumane inkxaso.
* **Fumana inkxaso yomnini.** Kukho iinkampani ezininzi zokunakekelwa ezinikezela nenkxaso kubantu abanyuke kwi-cocaine. Le nkxaso ingaba ngohlobo lweengcebiso, ukunyamekela okanye inkxaso yomnini.
* **Yenza izinto ezifaneleleyo.** Ukwenza izinto ezifaneleleyo kungakunceda ukuba ukhululekele umdla wakho kwi-cocaine. Ezi zinto zingaba ngokuphumisa, ukuzilolonga, okanye ukufunda into entsha.
* **Yiba nesiphumo.** Ukunyuka kwe-cocaine kungaba yinto enzima, kodwa akukho nto engapheliyo. Ngokufumana inkxaso kwaye ulandele iindlela ezifanelekileyo, unokuphucula.

Ngezi ndlela zinganceda:

* **Ukunyamekela.** Ukunyamekela kungakunceda ukuba uphimisise ubomi bakho kwaye ulawule umdla wakho kwi-cocaine.
* **lingcebiso.** lingcebisi zinokukunika inkxaso kunye namalungiselelo asezempucuko.
* **Inkxaso yomnini.** Inkxaso yomnini ingakunceda ukuba uqonde ukunyuka kwakho, ufumane inkxaso, kwaye uphimisise ubomi bakho.

Ukuba unyuke kwi-cocaine, kufanele ufumane inkxaso. Kukho iindlela ezininzi zokufumana inkxaso, kwaye unokuphucula.

Ukusebenzisa i-Recovery Kernel Framework.

Cocaine · I-Crack cocaine · I-Freebase · I-Coke · I-"Snow" · I-"Rock" · I-Benzoylecgonine

⚠ IMISEBENZI YOKUNCIPHISA UMTHINTEKO—AYIZUKO UKULUNGISWA KWEMIDLALO | Ngexesha lentlungu: shayela u-Ambulensi: 10177 okanye Ambulensi: 10177 okanye 112 okanye uthethe ku-SADAG: 0800 567 567.

IKOKHANI KUBANGELA UKUGULWA KWEMPILO NEENDAWO ZOMBINI – KUBAKHULU NABANTU BANYE BEMBUZI.

Ukunyuka kwencwadana ngexesha okanye emva kokuphuza i-cocaine kubandakanya ingozi yezifo zentliziyo. Fowuna u-Ambulensi: 10177 okanye Ambulensi: 10177 okanye 112 ngoko nangoko.

Ngephawu ngaphambi kokuba uqalise.

ICocaine yileleli elithile elibhalisiwe ngalo umbhalo, kwaye ubhaliso lwalwenziwa ngexesha elinzulu. Inkqubo ye"Warrior" - ingqondo ye-"Val/Val COMT" ekusebenza kakuhle kwiiphuzu ezilungileyo, kodwa edinga ukuzimisela ukuze ibuyele ebuntwini bayo, efumana kwicocaine isignali eyayikhangeleyo yodopamine enikezelwe ngamanye amanyathelo ayilawulayo - icocaine yindlela ekhethiweyo ye"Warrior" kunazo zonke ezinye.

Ona akuyona inkqubo yobukakileyo. Inkcazelo ibalulekile: umntu onoluvo lwe-"Warrior" udla kwiimpembelelo—ikoka, i-methamphetamine, ikhofi emininzi—kunye neenkqubo zokuziphatha: ukugembula, ukuthatha ingozi, imidlalo eyenziwa ngokusetyenziswa kwamandla, ubudade obutsha. Le nto ibanga umzimba nge-dopamine ngokukhawuleza kakhulu kunoko i-COMT enokuyicoca, entlekelelo yokuphila engaboniswanga kwimeko eyakhe yangaphambili.

Ukuyiqonda oku akuyona into esenza ukuba singabhekanga. Yile ndlela ekhoyo yokufundisa yonke into ekulandelelwayo. I-cocaine ayikaze idale ingxaki engqinelweyo kwiingqondo. Yayisisebenzise enye eyayikhona kakade. Ukulibuzwa kukubuyisela umgca omandla ngaphandle kwinto, – ubomi oluhleliwe ngokwemfuneko yezifo zengqondo zomntu, ngeendlela ezingenzisi ukuba kunokwenzeka ukufa ngenxa yesisu ekubeni neminyaka engama-32.

ICocaine idibaniswe kwaye eyahlukileyo kumethamphetamine ngendlela echaphazela ngayo indlela yokubuyela kwakhona. IMeth iphakamisa i-dopamine ngokutshintsha abathengi, kodwa i-cocaine ivala ukufakwa kabva kwe-dopamine, serotonin, KWAYE norepinephrine ngaxeshana—olu "triple reuptake inhibition" olubandakanya ubukeka obungabonakalwanga be-cocaine. Olu hlobo lwezenzo ezintathu lubonisa ukuba kunye ne-dopamine, inethiwekhi ye-serotonin iphantsi kokuphazamisekileyo, kwaye yinkululeko ye-norepinephrine eyenza ingozi yokutshabalalisa kwentliziyo ebandakanywe kwi-cocaine. Le nkqubo yokubuyela ikhulula zonke izinto ezintathu.

Kwaye kukho ingxaki yokuphosa-phesheya ekufanele ukuba ayinyathelwe kuyo nayiphi na incwadi ethetha ngesikokwane. Iyeza elikhulu lesikokwane kwixesha eliphambili liyadityaniswa nelevamisole, into esetyenziswa kwiilwanyana ukuze ibalawule iintyatyambo, kwaye inokuphuma kumazimbuzi kunye nokuba yingozi. Oku akuyona ingozi ebonakala kuphela. Kuyinyaniso, kuyinto eyinxenye enkulu, kwaye abantu abazi ngayo. Le nto ifumana isigaba sayo kwincwadi.

Isahluzo 0 — Ukukhuselo Okukhawulelweyo: Funda oku kuqala.

⚠ I-COCAINE ibanga ukotshiweyo (ukotshiweko) kunye ne-stroke abantu abatshata, abaneempilo ezilungileyo abananto eyomileyo engqinelweni yentliziyo. Ukuba unobuhlungu besiphefu, ubuhlungu kwintambo, ubuhlungu kwiingalo zekho, ukungcola okukhulu, okanye intloko ekhulayo kakhulu ngexesha okanye emva kokusebenzisa i-cocaine – shayela u-Ambulensi: 10177 okanye Ambulensi: 10177 okanye 112 ngoku. Ungalindi.

Inkundla yeengxaki zeentliziyo.

I-CENTURION – Indlela yokulala eyinto ebonakalayo kwi-cocaine kuphela phakathi kwezonye izinto ezikhuthazayo.

ICocaine ibanga imiba yezifo zentliziyo ngeendlela ezintathu ezinxibeke kwaye ezihambelana, ezidibanisa ukwenza iprofayile yokungamkeli kwentliziyo eyenzeka kuphela kwiimpahla ezifunyanisiweyo:

Inkqulelo.	Yenzani kwentliziyo?	Ngenxa yokuba...
Ukukhwela kweentambo zenyembezi.	ICocaine ibanga ukuthintwa okukhulu kunye nokunyuka kwesikhumba esomileyo kwi-arteri yomhlaza—i-arteri ebeka umphako kumphakathi wengqongqo. I-arteri ingafunyanwa ngokupheleleyo, kwaye ikatya ukufakwa kweentsapho kumphakathi wengqongqo.	Umntu oneminyaka engama-25, onamagqabukumbu amakhulu angabonakalanga kwiintambo zentliziyo, ungafumana ingxaki yentliziyo ngenxa ye-cocaine kuba ukuba kwentambo—hayi i-plaque—kuyayivala. Iingxenye ezisisiseko zemiba ebangela ingxaki yentliziyo azifaneleki kule nto. Iintambo ezicwangcwe ngendlela zingaba zivalelekile.
Ukunyuka kwe-norepinephrine.	Ukuthintela ukubuyiswa kwe-norepinephrine yi-cocaine kubangela ukuvuselelwa okukhulu kwengxenye yomzimba eyi-sympathetic: ukunyuka kakhulu kwezimbovane, ukunyukiswa kwebantwasahlefu, nokunyamelana okwandisiwe kweentliziyo.	Intlizwe lwegazi lingafuneka ukuba lisebenze ngamandla aphezulu, kodwa ixesha elifanayo, inethiwekhi yegazi enikezela kulo lungancipha ngenxa yokutshisa kweentambo zegazi. Olu hlobo lomxube—umsebenzi ophezulu kunye nokuncipha kwenethiwekhi yegazi—ngumbindi wombhobho wezigubu (myocardial infarction).
Ukuhlanganiswa kweplatelets.	ICocaine yandisa ukunyibilikiswa kunye nokuhlanganisana	Inkqubo ezintathu—ukuthambeka kweemithambo,

	kweepleyiti—indlela yokubaleka. Xa ihlangene nomdwebo wamathambo kunye nokukhululeka okwanda kwentliziyo, ukuba zifune ukubaleka kwiindawo zemdwebo kubangela ingozi.	ukunyuswa kwimisebenzi yentliziyo, kunye nokwanda kokufuma—bithetha ukuba ingozi yentliziyo ebhubhisini ayilingananga nomhlalaphansi. Umntu oneminyaka engama-28 unokufa ngenxa yokudumba kwentliziyo (MI) ngokusetyenziswa okumbalwa phantsi kwezimo ezifanelekileyo.

⚠ I-COCAINE + UTSHINTSHI = I-COCAETHYLENE. UKUDIBANISWA KWEZI ZINHLANGANGA KUYASONAKELE NGAPHEZU KOMLOMO WONYE, KWAYE NANGOKUQHUBEKA KWENYE. LELI DLALISO LINENDALI EKHULU EKUPHENYWEKWENI KWABANTU ABASWELWA YINKQUBO YE-COCAINE. UNGAWUDIBANISIBO NGAPHANDLE.

Xesha i-cocaine kunye ne-alcohol, ingqalwa yomile ukwenza i-cocaethylene—umgca oqhubekayo onokuphila okude ngakumbi kwi-cocaine, ubukrakra obukhulu bezicubu, kunye nobububulili obukhulu kunokuba zombini izinto. Indlela evamile yokusebenzisa i-alcohol kunye ne-cocaine ukuzisela "umgca opholileyo" yenza into eyodwa ebengalunganga ngakumbi kunokuba zombini izinto. Oku akuyona inkqubo yezifo ezifundisiweyo—yindlela esebenzayo ekubandakanyekeni kwiintambo ezininzi zokuphulukiswa nge-cocaine.

Ukunqwenywa kunye nokuphendula.

- Ubunzima ebhokisini, ukuba kunovalo okanye ingcuka—ngumswakazo wengalo. Fowuna u-Ambulensi: 10177 okanye Ambulensi: 10177 okanye 112. Ungaze uthi yintlekele.
- Ubunzima kwiingqalini okanye ubunzima kwintsapho esezantsi - yingozi yentliziyo. Fowuna u-Ambulensi: 10177 okanye Ambulensi: 10177 okanye 112 ngoko nangoko.
- Intliziyo elikhulu nelingqamileyo – ingaba yintlekele yokutshabalalisa ingqalelo. Fowuna u-Ambulensi: 10177 okanye Ambulensi: 10177 okanye 112 ngoko nangoko.
- Ukudangala, ukuthetha engaqondakaliyo, ukuphuma kwesithupha esibunzini, amandla ehlwini—ukuba ne-stroke. Fowuna u-Ambulensi: 10177 okanye Ambulensi: 10177 okanye 112 ngoko nangoko.
- Ukudakumba — ukudakumba obangelweyo yi-cocaine yingozi ematshini. Fowunela u-Ambulensi: 10177 okanye Ambulensi: 10177 okanye 112. Beka umntu endaweni yokululama.
- I-hyperthermia (umthamo womzimba ophezulu kakhulu kunye neentsuku ezili-104°F) – zisebenzise ngokukhawuleza iindlela zokuncanjana (amapeyisi eyerazi egxobeni, kumathambo, nakwi-groin) kwaye uthandaze u-Ambulensi: 10177 okanye Ambulensi: 10177 okanye 112.

- Ukukhathazwa okunzulu, ukungabi naxala, okanye ukuba neengcinga ezingaqondakali—ukukhathazwa okuphumayo kwi-cocaine. Phakamisa umntu kwindawo enezinto ezikhuthazayo. Fowuna u-Ambulensi: 10177 okanye Ambulensi: 10177 okanye 112 ukuba kukho ingozi yokutshabalalisa okanye ukuba umntu unokuba yingozi kumntu ongenele.

Akukho into ekuncedisayo ekunyamelweni ngocakile efana ne-Naloxone kwi-opioids. Ukwelashwa kuyinto yokuxhasa—ukulawula imiba yentliziyo, yenkqubo yeenervesi, nezothando ngelixa icakile idlala umzimba. Ixesha kunye nokunakekelo okuxhasayo zizona zilapha.

Ingxaki yeLevamisole — I-additive engaxamkisiweyo.

I-CENTURION – Ininini enkulu yecocaine esikhathini samanje iqukethe umthiyi wenyanga onamandla wokulahla amaselula bomdaka.

I-Levamisole yintsholongelo ekusetyenziswa kwiivenkile ezilwanyeni, esebenzisa ukusasazwa kwezinye izinto eziphilayo. Kufunyenwe kwiikhilogrami ezininzi zekokheyini ezivavanywa eMelika naseYurophu ngaphezulu kweminyaka elishumi. Isizathu sokuba i-levamisole ifakwe kokheyini asaziwa kakuhle—inganceda ukukhulisa umthetho wekokheyini ngeendlela zedopamine okanye ingaba yinto ekwandisiwayo evela kwiinkqubo zokwenza ikokheyini.

Ingozi: i-levamisole ibanga ukuba kubekho into eyaziwa ngokuba yi-agranulocytosis — ukuncitshiswa okanye ukonakala kweenyawo zombindi (ikakhulu iinewtronefil). Ngaphandle kweenewtronefil, inkqubo yezempilo ayinakulwa intliziyo yobomi. I-agranulocytosis evela kwicocaine eyi-levamisole inokuba yingozi kwaye ihlazisa ubomi.

⚠ IZIMBA EZIBONISWAYO ZOKUGUBUZWA KWE-AGRANULOCYTOSIS NGUMTHETHI WELEVAMISOLE: Ubushushu, imibhuqwa emlonyeni, intliziyo engakhululekanga, okanye ukuba wonakile kakhulu kwezifo. Ukuba usebenzisa i-cocaine kwaye ufumana ezi zinto—yaya kwigospitali ngexesha elithile kwaye uthethe kubo ukuba usebenzisa i-cocaine. Uhlobo olulula lokuvavanyo kwegazi (CBC) luyabonisa i-agranulocytosis. Inokunyamekwa ukuba ifunyenwe ngokushesha kwaye i-cocaine imiswe.

- I-Levamisole ifumaniswe kwi-70–80% yezinto ezisetyenziswa njengokoka eMelika.
- I-agranulocytosis iya kwaphakala kuma-3–8% abantu abathintekileyo ngelivamiso—umxholo omkhulu.
- Iimpawu zivamise ukubonakala kwiintsuku ezili-1 ukuya kwezintathu emva kokuba umntu uqobe, kwaye zingaba yinto eyomileyo enokuthethwa njengomdlalileyo.

- Ukunyamekela: Yeka ukusetyenziswa kwe-cocaine ngoko nangoko kwaye uyeke ukuba nesimo sengqinga le-levamisole. Ukuncitshiselwa kwegrowth yeenyawo ngokubanzi luyabuyela kwimeko yalo eyandileyo phakathi kweemvakalelo ezimbini ukuya kwezintathu emva kokuyeka. Imeeko enzulu ifuna ukufakwa esibhedlelweni kunye nokunyamelwa nge-granulocyte colony-stimulating factor (G-CSF).
- I-strip yokuhlola i-fentanyl ayibonisi ukuba kukho okanye akukho i-levamisole. Okwangoku, akukho uhlobo olufanelekileyo lwezinto zokuhlola ezifumaneka kuluntu ukuze kuhlolwe ukuba kukho okanye akukho i-levamisole. Ukukhusela kuphela okunethezekileyo ngokuwazi ukuba ikhona kakhulu kwikhoqholo, kwaye ukubaluleka ukugxila kumanyathelo eengcebiso zempilo.

Isahluzo 1 — Yintoni Eyayenzileyo Coca kukungqondweni wakho.

I-CENTURION – Iibhloqi Ezintathu Eziqophelele Ezaqhuba Ingqondo YeSoldier.

ICocaine yinkethango eyintathu yokunyathela: ixhasa ngokuxubile i-transporter ye-dopamine (DAT), i-transporter ye-serotonin (SERT), kunye ne-transporter ye-norepinephrine (NET). Yona le nto eyenza ukuba ihluke kwi-methamphetamine, echaza ngokuqala ukukhulisa kwe-dopamine. ICocaine ayikhuliseli—inyathela ukunyathela, ivumela i-dopamine, i-serotonin, kunye ne-norepinephrine ukuba ziqhubeke kwisinasiphi kwaye ziqalise ukuthetha ixesha elide ngemva kokuba bekuvamelekile.

Umphumela yile nduku ebanzi kunye neyakhayo kuzo zonke iindlela ezintathu ze-monoamine—eyenza ukuba kube ngathi kukho into ekhethekileyo kwi-cocaine: intlekele enkulu yobungqina kunye nokuziva (i-dopamine), ubuhlobo kunye notyalo lwe Sikhakhuni (i-serotonin), amandla kunye nokunyaniseka (i-norepinephrine). Le nduku ezintathu yinto eyimfanekiso ye-cocaine. Kwaye ngoko ke, ukuba kukho intlekele enkulu kwi-cocaine, ebanzi kakhulu kunokuba kubakho kwezinye izinto ezifunyanisiweyo ezisebenza kwindlela enye kuphela.

Iinkqubo ezintathu eziye zatshabalaliswa yikoka.

Ikhona.	Yenza njini i-cocaine?	Yintoni okufunekayo ukuze uphinde ube ngumntu olungileyo?
I-dopamine (ukuvinjelwa kwe-DAT).	Vakalwiswa umthombo we-dopamine—kwaye kwenziwe ukuba ingabi naxhasa ukubuyela, okuvumela ukuba iqhubeke kwi-synapse ixesha elide, malunga neeyure ezili-3–5 kunokuba ngokuqhelekileyo. Isiqaliso semibuzo yentlonipho sasikhulu kwaye sasihlala ixesha elide. Ii-receptor zeD2 zanyatheliswa ngenxa yokugxekwa ngokungakudanga kwakhona.	Ukunyuka kwe-D2 receptor ngokususa ukusetyenziswa kunye nokukhuthazwa yi-BDNF. Ukuxhasa umgca wokuqaleka we-dopamine (ityrosine). Uhlobo olunzulu lwamandla lokubuyisa intliziyo. Ubungakanani obuncinane, obungenanto yobubele bokuhlaziya kwexesha lokuqala lokulibuzwa kwi-cocaine lubonakalise ukuntshontshi kwe-D2—iirekhodhi ezilalelayo zancitshiswa ngexesha elithile. Zibuya. Yenza izinto ezinceda ukuba zibuyele.
I-serotonini	Ukutshabalalisa kwe-	Ukubuyisela i-serotonin nge-5-HTP ne-5-

(ukuvinjelwa kwe-SERT).	serotonin—ubuhlobo, ukwethembeka, kunye nokuvuleka kwemozulu kwayo, yimiba emininzi ebanjisiweyo yi-serotonin. Ukutshabalaliswa ngokuphindaphindiweyo kutya umthamo we-serotonin ngokuhamba kwexesha.	MTHF. Oku kuyinxenye yendlela yokulula ukuthandwa kwencopho, kwaye ilethuli yokuphuculela izinto ezifunyanisiweyo (meth) ayiyilungele ukuyiphakamisa ngokubalulekile— kuba imiphumo ye-serotonin ye-meth iyinxenye encinci, ngelixa leye-cocaine ibalulekile. Ukuba nabantu kunokuba lula okwaye kwenziweyo yincopho kuxhomekeke kwi-serotonin, kwaye kufuneka kubuyiswe ngokwemvelo.
Inorepinephrine (ukuvinjelwa kwe-NET).	Ukutshabalalisa kwe-norepinephrine—okubanga amandla, ukukhululeka, inkxaso, kunye namandla omzimba afana nomphumela wokuqhuba we-cocaine. Kwaye kubangela ingozi kwiimpompo: ukunyuka kweentliziyo, intlekele yegazi, kunye nokucwenga kwemithambo ekhoyo.	Ukunyibilika kwe-HPA axis. Ukusetyenziswa kwe-cocaine ixesha elide kubangela ukukhanya okungqongqo kwenxiba yaye kunyusa kakhulu inkqubo ye-norepinephrine, nto leyo eyenza umntu azivele ebengqongqo kwaye enobunzima. Umthandazo (owenziwa ngokuthembekileyo ukukhuthaza i-norepinephrine) sisixhobo esisemthethweni sokunyamekela kwenkqubo ye-norepinephrine.
I-anesthetic yendawo (ukuvinjelwa kwechaneli ye-sodium).	ICocaine yeyona nto leyokutyalwa ngokungachanekanga kwaye ibisetyenziswa njengomthathi wendawo—iqala iichannel ye-sodium kumamemebreyi omjanzi. Oku kukusetyenziso lwangaphambili lwecocaine kwaye kuchaza ukuba kunamandla okungathathi kwiindlebe ekusetyenzweni kwakhulu.	Umngcwango ophantsi kwaye onobunzima obubangelwe kukusetyenziswa kwe-cocaine ixesha elide, ubungqina ukuba yimiba emibini: umonakalo oqala kwindawo ngokuphazamiseka kwamandla okuthandaza amanyathelo, kunye nomthelela wemithambo eyomileyo ekunciphiseni ukuhamba kwegazi. Ukubuyela kumgangatho ophezulu womnqweno kufuna ukuyeka ukusetyenziswa—kwaye ufanele ukuhloliswa ngumdokotela othathiweyo kwiintlobo zemithambo (ENT) ukuba kukho umonakalo omiselayo.

I-Bhakhathi yokuphuza kwaye ucocoseko — Yintoni eyenza ukuba i-cocaine ibe ngumthamo ohlukileyo?

I-CENTURION – Ubomi obufikeleleyo kakhulu obuqala ukwakha indlela yokuzifumisa.

ICocaine inemitha yokuphuma kwayo kwigesi elithile (plasma) engama-45 ukuya kuma-90 amaminithi. Le nkxaso encane yeyona eyenza ukuba kube neendlela zokusebenzisa icocaine ngokuqhubekayo, nto leyo eyahlukile kwayo nayiphi enye

into esebenzisa umthamo wamathambo (stimulant). Ngokwahlukile kwemethamphetamine (umitha 10-12 iiyure), ekwenza imphumela ehlala ixeshana elide, imiphumela ye-cocaine ifikelela kwi-15 ukuya kuma-30 amaminithi kwaye yehlisa kakhulu ngaphakathi kweeyure.

Imphendulo yengqondo kule cycle: ukukhuluma kwe-dopamine okubangelwe ngumyalelo wokuqala kulandelelwa ngeenyawo zeeyure ezintathu ngokusilela kancinane—ukuntontolo lwe-dopamine njengoko ukukhuluma kutshiyiwe ngokukhawuleza kunokuba iireseptha ze-D2 zikhululeke. Umyalelo wesibini uyathathelwa hle, hayi ukuze ufumane intyabongwa, kodwa ukuze uthinte isilelo. Umyalelo wesithathu awuthathelwanga ukuze ufumane intyabongwa, kodwa ukuze uthinte isilelo esivela kumyalelo wesibini. Kwaye njalo, kuyo yonke le ntshwana yebanga egqibelweni ayiphumezisi naxa umntu ezinqwenela ukuyeka, kodwa xa izinto eziyinyani ziphele.

Le ndlela yokusetyenziswa engqangqo yokuphinda-phinda enokuba ngumfanekiso wezinto ezithathwa umzimba (pharmacokinetic signature) ye-cocaine — ifakwe kwi-half-life yemolekyul. Ukuyiqonda akuyona into ekukhethwayo. Yindlela echaza ukuba kuthiwani ngokuthi kuyenzekile kuba kunzima kakhulu ukuyeka emva kokuthatha 'umgca omnye' ngenxa yendlela umzimba owomileyo ngayo, nto leyo engasetyhenjisiwe kwinto enye ene-half-life ende.

Iklasi ye-Cocaine – Iindlela, iindlela zokusetyenziswa, neentshwana-ntshwana phakathi kwazo.

Ifomini.	Ithuba.	Ukuqaleka / ixesha elideyo.	Iinkqubo ezibalulekileyo ekuhlazeni kunye nokunakekelweni.
I-cocaine hydrochloride (ipowuda).	Intranasali (ukungqongqa).	3–5 iminithi ukuba iqalise/ 20–30 iminithi.	Indlela eyayingqinisayo kakhulu ekusetyenzweni kwentlango. Umonakalo we-nasal septum (ukuvavanywa), ukuhla kwe-palate, i-chronic rhinitis, ukulahlekelwa ngomdla (anosmia). Ukuhlaziywa kwe-ENT (entiloyeni, intlungu kunye nomsila) kwenziwe ukuba kusetyenziswa ixesha elide. I-Levamisole ifumana inani eliphezulu kwi-powder cocaine esetyenziswa ekuthengisweni kwindlela. Umdla ongabonakali we-cocaine ('clinical edge') ubhalwe kumgca ngexesha lokuphucuka—ingqondo ecwangcisa ukulindela, ifakele inkumbulo yomdla.
I-crack cocaine / i-freebase.	Kufakelwa (ngokungena komoya).	8–10 iveki / 10–15 iminithi.	Ukuba ngokushesha kwayo yonke indlela yokusetyenziswa kwe-cocaine – ukunyuka ngokukhawuleza kubanga umgca omkhulu wokuthanda kunye nomthamo oqinileyo wokuphinda-

			phinda. Iingxaki zombini: 'crack lung' (ukuhuma okudluliselweyo kwiimpumulo), ukubhabhaba ngokungabonakali, umonakalo wezimbini. Ubude obufana (ixesha le-10–15 iminithi) lubanga umgca omkhulu wokuzifaka ngaphindaphindi. Isimo samalungu kunye neenkqubo zezimali zokusetyenziswa kwe-crack zahlukile kwaye kufuneka zithathele ingqalelo iindlela ezikhethekileyo zomphakathi.
I-cocaine hydrochloride.	Intravenous (IV)	Ngoku / kwi-10–20 iminithi.	Ukunyamekela okuphezulu—ityhefu eliphelelelo lifinyelela ecingweni ngamasekhondi embaliseni. Ingozi enkulu yokuthanda. Iingozi ezibandakanywe kwi-IV: umonakalo weentambo zombili, i-endocarditis, ukudluliselwa kwe-HIV/hepatitis C, imiba yokuphuma emva kokufakelwa. Ukuhlaziywa kwezifo eziphilayo kunye nokuhlolongo komdla kuyizinto ezibalulekile zonyango ngaphandle kwanokunyamela.
I-cocaine hydrochloride.	Ukuntshekel wa komhlaza / ukusonta ngomlomo (indlela esendulo).	30–45 iminithi ukuba iqalise / 60+ iminithi.	Ukusebenzisa kwendabuko laseMelika (ukulima kweendawo zecoka). Izinga eliphantsi le-plasma ephezulu kunye nomswakazo omncinci kakhulu ukuxhomekeka xa kuthiwa ngamanye iindlela. Kubaluleke kwaye kusetyenziswa kuphela ukuze siqonde ukuba ukusetyenziswa kwendabuko lweendawo zecoka kuyahluka ngokwamaziko kunokusetyenziswa kwe-cocaine hydrochloride eguqulekayo.
Cocaine + utywala → Cocaethylene.	Naye ndlela nayiphi + ukusela kwiimvuzo.	Ixesha—ukubaleka kwayo kunye neminye imiba eyenziwa ngaphandle kokusetyenzi swa kwe-cocaine kuphela.	Ukuhlanganiswa kwenza ukuba kudalwe i-cocaethylene — ixesha elide, ubukakanga obukhulu bezicubu, ubhubhe olukhulu olubonakalisiweyo. Oku akuyona izinto ezimbini ezisetyenziswa ndawonye. Yinkqubo yokudala into yesithathu, engobuthazamane, ngaphakathi komzimba. Umphumela oqinisayo yindlela ekubandakanyekileyo kokuba ukufa okubangelwe kukokhethi kuxhomekeke kakhulu kutyiwa kwentwasahlabantu.

Yintoni ekwenzileyo kwaye yenza ngoko kokhokekhwe—Ingxenye ye-Warrior Diagnosis ye-Compendium.

I-CENTURION – Ubuhle Obungenziwa Lwengqondo Osemgangathweni.

I-compendium ibiza ngokuqinileyo: i-cocaine iyenza 'umvuzo wokuba uphilayo obungabonakaliswa yimeko eyisisekelo' kwiingqondo ze-Warrior COMT. Oku akuyona inkqubo emnandi. Yiyo inyaniso ye-pharmacogenomic yengqondo enokusebenza kwe-COMT esheshayo (i-Val/Val) ekwandisa ngokukhawuleza i-dopamine, ngoko ke imivuzo yemibhangqwana yasemntwini—imphumelelo, ukuxhumana nomntu, kwaye imisebenzi emnandi—ayikwanga ukubeka umvuzo olinganiselweyo ongadingwa yile nqondo.

Ingqondo yomntu owayengumsoli, xa ingasekho ngobunzulu, ibonakala ilingana. Ayilona ukuba uyakhubazekile—kodwa kunokuba umhlaba ubonakaliswe kancinane kakhulu kunoko kufanele. Njengokuba isignesha yomvuzo ifumaneka kodwa iyanyusa kancinci. Njengokuba ubukela impilo yakho ukusuka ngasemva kwiglasi. I-cocaine ithatha le glasi. Yonke into iba ngokukhawuleza, icacile, neyentlalo. Ingxoxo iba makhulu. Umculo uba umculo omangalisayo kakhulu owake wuzwe. Umsebenzi ube ngumsebenzi onomdla kakhulu ongabonakalanga.

Ona akuyona into yokungqala. Yinto eyokuba ngathi yindlela efanelekileyo yokusebenza kwayo idopamine ecingweni elinganako ukufumana idopamine ngokwanele.

Ukuyiqonda oku akwenzi ukusetyenziswa kwe-cocaine kube ngokukhuselekileyo. Kwenze ubume bokulibazisa kwaba ngcono: ingqondo yomntu "Warrior" ifuna ubuluntu obuqinile, impilo yenkuthazo, kunye nokukhuthalelo okwenziwe ngeendlela ezingabangeli ukuba intliziyo iphele. Yintoni na eyayibonelelwa yi-cocaine? Hlaziya yonke into. Yakhela ngaphandle koko yonke into enokuyifakelela.

Isigaba 2 — Uhlelo lwakho lwe-Genomic.

ICocaine ibona uphawu olucacileyo kakhulu lwenye ye-genome yayo xa ikhathalwa nezinye izinto. Inkqubo iyacebisa ukuba: ingqika ye-"Warrior COMT" (iVal/Val) yingxenye ebalulekileyo ye-genome eyayikhokeza ekusetyenweni kwecocaine. Iijenesi ezilandelayo azichazisi kuphela ubungozi, kodwa zifakelo kwindlela yokubuyela kumgangatho kwayo ngendlela ecacileyo.

Iphaneli yokuhlola i-DNA yokuphucuka kwi-cocaine.

Igene.	Yenzani.	Ukuguqulelwa okubalulekileyo.	Ukubuyisana kwikokhethi.
COMT	Ukukhululeka kwe-dopamine, i-norepinephrine, ne-epinephrine—igini eyisisekelo yobuzithani.	Val158Met (rs4680) — Val/Val (Warrior) ibaluleke kakhulu.	Igene eyisemhloli yobungozi bokuxutywa kwe-cocaine—ulwazi olubhalweyo lubalulekisa oku ngokucacileyo. I-Val/Val (Warrior) exhasa ukuguquka kakhulu kwe-COMT: i-dopamine ihambiswa ngokushesha kwimo yendalo → umgangatho ongcini, ongathathiweyo → i-cocaine inikeza ukuphuma kwe-dopamine okuxhasa ngokufutshane ukwahlulela ukuhamba okukhawulelwe. Inkqubo yokubuyela emva ye-Val/Val: yakhe ubomi olunobunzima obuqinile kunye nemivuzo yendalo ephantsi. Ubomi oluthuleyo, oluncinci luhlala lubonakala lungaphumelelanga kwi-constitution (umgca) onjengesibini. Ungenzi inkqubo yokubuyela emva kuloo mntu ofuna ukuba nguye. Yenza oko kumgca oyiphulo.
DAT1 / SLC6A3	Idopamine transporter—yile ndawo ekhethekileyo efumene umonakalo ngokuqala kukusebenza kwe-cocaine.	10-ukubuyisela kwe-allele ye-VNTR (rs28363170).	I-transporter ye-dopamine yile molecule ekubalwa yi-cocaine. Iintlobo ze-DAT1 zithinta ubukhulu kunye nokusebenza kwe-DAT ekuqaleni—abantu abanezikhokeleko eziphezulu ze-DAT (i-allele eyi-10-repeat) banokuba nekhonkco elikhawulezeyo le-dopamine kwaye banganceda ukuba ukubalwa kwe-cocaine kwe-DAT kubanxibe ngendlela ekudlulileyo kunabanye abantu abanezikhokeleko

			ezisezantsongeni ze-DAT. Kufanele noko kuba ibalulekile kwi-ADHD—i-DAT1 eyi-10-repeat ihlalisana ne-ADHD, kwaye i-cocaine yindlela ebekwe njengenkqubo yokuzithiyela ye-ADHD.
DRD2 / ANKK1	Ubukhulu beenxibeko ze-dopamine ezi zifakwe kwi-DRD2—umthombo wombhobho we-cocaine.	Taq1A (rs1800497) — i-allele ye-A1.	I-allele ye-A1 (eyomilela ubungakanani be-D2 receptor) ibanga iSindisi yokuPhazamiseka kokuThuthukiswa—umgca osisixeko "ongaphumeni". Xhasa ne-Val/Val COMT (ukuluhlambulula ngokukhawuleza) KUNYE nobungakanani obomileyo be-D2, ukusetyenziswa kwe-cocaine kunikezela ngokhululeko ngenxa yengxaki enkulu ye-dopamine. Ukubuyela kwakhona kufuneka kudalise imithombo emininzi ye-dopamine ngokuxhasa—imithombo eyodwa yemivuzo yasendle ayizukuziva ukwanelisa kulolu hlobo oluphindaphindiweyo lwentloko ezimbini.
SLC6A4 / 5-HTTLPR	Ukukhulisa kwe-serotonin transporter—umgca wesibini wokusebenza kwayo i-cocaine.	Iinkampompe ezimfutshane/ezimfutshane, iinkampompe ezinde/ezinde, okanye i-allele yendlela.	ICocaine ibaleka i-SERT—i-transporter ye-serotonin. Iintlobo ze-SLC6A4 ziqinisekisa ukwenza kwesizantsi se-serotonin transporter kwaye ngoko ke ubukhulu bomthetho we-serotonin wase-cocaine. Abantu abanolwahlulo olude/olude (ubungakanani obuphezulu be-SERT) banokuba neenguqulelo ezikhulu kakhulu zomthetho we-serotonin ukusetyenziswa kwe-cocaine—umvuzo, inkuthazo, kunye nokunyamelwa. Ukululama kufuneka kulungelelanise ukwakhelwa kwakhona kwe-serotonin kunye ne-dopamine.
MTHFR	Ukubekwa kwe-methyl – isisekelo sokukhiqizwa kwezinto ezithuthuzayo.	C677T (rs1801133), A1298C (rs1801131)	Iintambo ze-MTHFR zithintelela ukukhiqizwa kwe-dopamine ne-serotonin—kwaye oku kunyusa iingxaki ze-DAT1/COMT/DRD2 ezibangelile ukusetyenziswa kwe-cocaine. I-5-MTHF ingaba yinto ebalulekile ekubuyeni kwenkqubo ye-cocaine kubantu abaneentambo ze-MTHFR kuba ibhekana nokungabi nakwendawo yokukhiqizwa okanye ukwenziwa, nto leyo engenziwe ngamanye amanethiwekhi. Umgca ophantsi kunye nomfanekiso

			ongenanto kwiintsuku zokuqala zokubuyela kwenkqubo ungaqinisekiswa kukuba kunjalo isimo esithintelelekileyo sokwenziwa, kungekhona nje ukuthothwa.
DRD4	Umfuna into entsha, ukuba nezinqobo zokuziva kwi-dopamine, impendulo kumphawu.	allele yesithathu (rs1800955)	Abantu abane-DRD4 kunokuba banamagama amandla ayisixhenxe (7-repeat) bafuna into entsha, bakhululekile, kwaye bathambekele kumphumela omhle. Le nkqubo ibonakala ngendlela eyinkqakulukazi kwimiba yokusetyenziswa kwezinto ezifunyanisayo kunye ne-ADHD. Ukuba i-DRD4 enamagama amandla ayisixhenxe (7-repeat) ikhona kunye ne-Val/Val COMT kunye ne-DRD2 A1, umfuneko womgca wemvelo "Warrior" wokufuna into entsha kunye namandla ukhuliswa. Ukwakhiwa kokubuyela kwakhululekile kufuneka kubandakanywe kwiinto entsha yangempela, imiba, kunye nomphumela omhle ongathathelwanga—ukukhululeka okungenamsebenzi kuya kuba mdeni.
CYP3A4	Umthombo omkhulu wokutshintsha i-cocaine elungwini.	I-inducers no i-inhibitors.	I-CYP3A4 yile enzyme ebalulekileyo ekubeni yinto esetyenziswa ngumhlaza kwiqanda. Ii-inhibitor ze-CYP3A4 (njengoko kukho i-fluconazole, igrapes, kunye nezinye izityalo ezithile) zinokwandisa ixesha elide le-plasma ye-cocaine kwaye zikhulise imiphumo yayo. Ii-inducers ze-CYP3A4 zandisa ukususa. Kwakhona kubalulekile: i-cocaethylene ifunyenwe xa i-cocaine kunye notywala zibumbana—ii-enzyme zomhlaza ezisetyenziswa yiqanda ukuguqulela utywala zihlanganiswe nokuguqulelwa kwe-cocaine ukuze zenze le metabolite enzulu.
BDNF	Ukuguquka kwengqondo—indlela yokulungisa ekhoyo kwaye iluncedo kumjikelo we-dopamine onemngcipheko yecocaine.	Val66Met (rs6265)	ICocaine idlala ngokuqhelekileyo i-BDNF kwi-prefrontal cortex kunye ne-hippocampus—enye yezona ndlela ezibalulekileyo ekuthinteleni ukusebenza kwengqondo. Abantu abane-Met banokunciphiswa kwe-BDNF ekuqaleni, nto leyo eyenza ukuba i-cocaine idlale indima enkulu ekunciphiseni i-BDNF. Ukuzivocavoca kubekwe njengento esisityalo kwiintsapho ze-Met kuba yindlela

			eyona ibalulekileyo yokukhiqiza i-BDNF ethinteliweyo yi-cocaine.

Ukufanisa ngaphandle kwemiphumelo yovavanyo.

Izixhobo zokuqinisa izimpawu zomzimba kule ncwadana ziqinile ngakumbi malunga ne-cocaine kuba iprofayili ye-Warrior ibonakalise imikhoyo yobuntu eyahlukileyo:

- Ngaba i-cocaine ikunika umvuzo wokuba yinto ebukhoma, inteliJense, kunye nomsebenzi omkhulu—hayi nje ukudumba kodwa uwele ngokwenene ongasetyenziswa ngempumelelo? → Iphepha le-COMT elinamandla (Val/Val). Umvuzo 'womsebenzi omkhulu' kukusetyenziswa kwedopamine ngendlela ingqondo yakho ifuna kodwa ayikwazi ukuyikhulisa ngokwendalo.
- Ngaba uyisebenzise i-cocaine kakhulu kweziganeko zesosholo—iimeko yomsebenzi, amatyala, amahlakani—kwaye uthe wafumana ukuba yandisa ukusebenza kwakho kwindlela esisosisolo? → Ingxenye ye-serotonergic ibaluleke kakhulu. Iintlobo ze-SLC6A4 zingaba zikhokelela kumphumela oqinileyo wesosholo.
- Ngaba uyile ukuba umgca wokuqala awukwananga, kwaye uhamba ngokuphindaphindiweyo? → I-DAT1 eyi-10-repeat kunye ne-DRD2 A1 ephantsi — ingxenye yobungakanani yesisixeko sobuxabiso yandiswa ngokuncitshiselwa ngokushesha kakhulu kunokuba inkoko yendlela iyakwazi ukulandelela.
- Ngaba ugxile ukuba unokugqitywa okanye uthathwe njengomntu onobungozi? → Ukudibanisa kwe-DAT1 ene-10-repeat kunye ne-DRD4 ene-7-repeat. Ukutshabalalisa kweekhayitjhini ze-cocaine kumgca we-DAT kufana ngokwakhiwo nokutshabalaliswa kwe-methylphenidate. Oku kungaba yindlela yokuzithakatha enokuveliswa kukubungozi okwenene.
- Ukuba umntu ungafuni ukuba udedelwe, kodwa uthethwa kancinci—njengokuba ubomi kufanele kube mnandi ngakumbi? → Olu hlobo luyinxenye yephrofayili yomntu onamagugu "Val/Val" e-COMT. Ukuba umntu uthethwa kancinci KUNOKUBONAKALISA UKUSUSA KWEMINDAWO EHLANGANISIWEYO NGAPHANDLE KWEZIMPAHLA ZEMICHILO. Yinto enzulu. Yinto yobomi. Yindlela ekwakhiwe ngayo ukulungiswa.

Isahluzo 3 — Iprotokholi Yokuhlazisa.

I-CENTURION – Ukuba kunokuba, yile nto esiqalayo ukubuyela kwakhona.

Ukutheteleleka kwe-cocaine akubangeli umngcipa wezinto ezinobunzima (seizure) njengokotyisa kunye ne-benzodiazepines. Akubangeli neengozi zekhathizimo ezifana nalezo zokusetyenziswa kwe-cocaine ngokuqhelekileyo. Yintoni enyusa: yinto epholileyo yokulahlekelwa kwedopamine kwaye inkqubo esele eyayigugulekile manje iyahlala engabonakali.

Le bhukumisa lithi oku: le nkqubo isebenza kumodus yomnatha. Akukho nto ifanele kwaye akukho nto efanelekileyo ukuyenzeka. Iprotocol yolwimi lokunciphisa umswakazo we-stimulant ifundisa i-60–80 BPM, imifanekiso ethambileyo, amathengesi akhulu kodwa ethambileyo— kuba ukufaka into enamandla kakhulu kwinkqubo ephosayo lubanga umsindo ongathathi hlangothi endleleni yokusebenza.

Ukuthethelela ukusetyenziswa kwe-cocaine akuyingozi kakhulu kumtshato, kodwa kunobunzima obukhulu ngokweengqondo. Ubunzima bendawo ngqo luhambelana nomthamo we-cocaine ekuguqulele iimfuno ezithile zebhayoloji yebrain.

Ixesha elideleyo lokuphelisa ukuxhomekeka.

Iphepha.	Ibhayoloji.	Izimpawu.	Nceda unikezwe ulwazi olunzulu.
I-Crash (Iiyure 0–24)	I-dopamine, i-serotonin, kunye ne-norepinephrine zomile; ii-receptor ze-D2 zinciphile; inkqubo yokubumba intyombo iphantsi; umgca we-HPA uphulukene.	Ukuba neengqinba ezinkulu kunokujongwa, kunye nokulala okunyangeleke kakhulu, ukuba neentloni ezikhulu kunokujongwa kunye nomdla omkhulu, intliziyo engathembelwanga (ihlanya), ukunyanzana ngokukhishwa kwengqondo, ukukhathazeka kunye nokuvukileka, umthombo omninzi wemithi.	Lala. Dlela. Yotywe. Landela iProtocol 01. Oku akuyona ixesha lokulwa nokulahlezekileyo— yinkqubo yokuqalisa ukulungiswa. Ukulahlezeka kukungcebiso olukhulu elufunyenwe ngumzimba ukuze alungiswe, nto leyo eyenziweyo ngexesha lokutya okuninzi. Vumela oku.
Imihla 1–3: Umjikelo wokuqalisa.	Ukubuyela kancinane kumsebenzi we-dopamine;	Ukuba ngcono kancinci emva kweentshukumo; amandla ebuyela;	Ungazicingi ukuba le ngxenye yinkululeko ekuphelileyo. Yinto yokubuyela kancinane,

	ukunyamekela kwezinye iirekhodhi ze-D2; intambo ye-HPA ibuyela kwimeko yayo esiqhelekileyo ngokwengxenye; umbono ongempumela wokubuyela.	umoya ukhululekile; ukucaca kwengqondo kuya ndle. – le nkxaso ingaba njengokuba "Ndile kwiingcinga ezimbi."	hhayi umgangatho olawulo. Izifiso ziya kuphinda zibuye, ezininzi ziqine, kwisigaba esilandelayo. Sebenzisa le nkxaso ukwakha iindlela zokunceda umzimba wakho, uqalise uhlelo lwezinto ezinikezelo zomzimba, ulungisele indlu yezinto eziza kujongana nazo kwisigaba esilandelayo.
Inkqubo Yokubuyela Kwesondlo (Iintsuku zika-3 ukuya kweziyi-28).	Ukwehla kwe-D2 receptor luhlala kwiilingo ezintle, kodwa ngoku yiilingo eziphantsi; ukwakhiwa kwe-dopamine uphucuka, kodwa akusebenzanga okufana nexesha elingaphambi kokusetyenziswa kwe-cocaine; i-BDNF ilimele; ukungonelwanga kuyakhona.	Ukungonwabi – ukungaliboni umvuzo kwiintlobo zezinto ezazikhangeleka zinomvuzo; iminqweno emikhulu ebanjelwe yizinto ezikhumbuza; ukudangala; ubukho bomdla; ukuhlazwa kwesiphu; ukonakazeka; ukuphumile.	Okwethu ixesha elingobango ngokuphinda uphinde. Inkumbulo yomdla ibuyela; ubunzulu bomhlalaphansi wokubuyela kwempilo bukhona; ingxenye "ukuthatha okuninzi nje ukuba uzive" iyakhuthaza kakhulu. Ukuguqulela indawo (iProtocol 05) kubalulekile. Iprotocol epheleleyo yezongezo isetyenziswa. Umgca uqala — i-BDNF sisixhobo sokulungisa. Inkxaso ibalulekile.
Ukubuyela kwesimo esihle kakhulu (iinyanga ezili-1 ukuya kwezintathu).	I-receptor ye-D2 iphakamile kwaye ibonakala ukuba iqhubeka ukunyuka; i-BDNF iyabuyela kwimeko yayo; ukukhiqizwa kwe-dopamine kubuyele ekuqaleni; inkqubo ye-serotonin isakhelwe kabusha; intambo ye-HPA isabalalisa.	Ukuba ngcono kancinci ekubandakanyekeni kwemizwa; imomentsi yenjabulo eqinile ibuyela; ukucaca kokucinga kubanga ngokuphinda; iimpawu ze-PAWS zinokwenzeka; imfuneko yinto eyimfuneko ephindaphindiweyo kwaye ekhutshwana, kungeyona into engasemva.	Iimpawu ze-PAWS kwi-cocaine zilandelayo umxube wezinto ezilandelayo: ukunqanywa okukhulu kunye nokuqinileyo (nje ngezi nto ezinokubangelwa yimiba ethile endle) kunye nomdla oqinileyo ongaluthandi. Bhala ngamalungelo ngento enokuphumela kule mpawu. Ukuzithandela kwendalo kuyabaleka kakhulu njengoko i-D2 receptors iyabuyela ebuntwini.
Ukuhlangani swa (Iinyanga ezili-3 ukuya kwezili-12).	Ukubuyela kwesimo esinzulu kwi-D2 receptor; iinkqubo ze-dopamine ne-serotonin zibuyele kumgangatho osemgangathweni; i-BDNF ifumene okanye igqale	Amandla okujabulela esingabonakalanga kakhulu; iminqweno ephuma ngokuphindaphindiweyo ebanjiselwa yimiba; intuthuzo yenkcubeko iyatholakala;	Umbhobogo wendlela yokuphuma kwiindlela zokuxhwala (isahluko sesi-6) uqalisa ukusebenza ngokupheleleyo. Ingqondo "yeWarrior" – ngaphandle kweemeko ezifanelekileyo – ifumana ubunzima obuqinisekile

	ngaphezulu komgangatho wayo yangaphambili kunye nokuzivocavoca rhoqo; umsebenzi wengqondo ubuyile.	ukukhuthaleka kubuyela; ukuguqulela kwendlela yokuba umntu kuqalile.	obaluzidingayo. Intambo ye-C-28 yencwadi: "iOlympian yeNantoni" iya kujamelana nento eyenzekileyo.

PAWS kwiNkqubo Yokulibazwa kwe-Cocaine.

⚠ IINGXELO ZOKUFUNA KWI-COCAINE zifakwe kukufuna okukhulu kunye nokunyanzela, ezivamise ukubangelwa yizinto ezithile—iingqongqo, iimfumane, aminda, abantu. Oku kukungathintelwanga kwindlela yokuziphatha ngokwemimiselo, kwaye kunamandla. Yenza uhlelo lokuvuselela ngaphambi kokuba kube yinto.

I-withdrawal yasemva kokuphumla kwekokheini ibandakanywe kakhulu kukufuna okubangelwa yimikhuba—enye yeeprofiili zamandla kakhulu zokuphendula kumikhuba kwisayensi yokunceda ukuthandwa. Inkqubo yedopamine yayifundisiwe ukuphendula imikhuba ehambelana nekokheini ngokuqala okunzulu. Emva kweenyanga ezininzi zokuphumla, ingoma ethile, isimo somntu othile, ukunxiba kwendawo ethile kunokubangela umngama onzulu ongabonakaliswa kwi-withdrawal yokuqalayo.

Okwenzi ukubuyela kwindlela. Yile-circuit yedopamine eyayifundisiweyo esebenza, hhayi ngenxa yokusetyenziswa ngoku. Impendulo yinkqubo yokucutshungulula echazwe kwiSahluko 5, ekufuneka isetyenzwe ngokukhawuleza nangaphandle kokuxubile.

Isigaba 4 — Ukulungiswa Kwezinto Eziphilayo.

Ukubuyela kwempilo kwi-cocaine kufuna ukulungiswa kwezixhobo ezintathu ngaxeshana: i-dopamine (isixhobo semivuzo kunye nokukhuthaleka), i-serotonin (umgca omkhulu womoya kunye nomswakabo), ne-norepinephrine (ibhokisi lamandla kunye nokunyaniseka). Ukutshabalaliswa kwemithombo ezintathu okwenzwe yi-cocaine kuhlanganiswa nolungiselelo lokulungiswa lwemithombo ezintathu. Inkqubo yokuphinda ukubekwa kwezinto ibalulekile kuzo zonke ezi zixhobo ezintathu. Ukubuyela kwempilo kumazinga omzimba (amakhala, intlekele, imiba) kuhlanganiswa nokulungiswa kobushushu.

4.1 — I-Foundation yeMethylation.

Ukuncipha kwe-monoamine okubalulekileyo ngenxa yokusetyenziswa kwencopho kuxhasa ukuba kukho umgca omkhulu we-MTHFR, apho oko kusenokwenza ukuthintelwa kokufakelwa. Ngaphandle koluntu olwaneleyo lwefolate elifakeliweyo kunye ne-B12, iindlela zokuveliswa ze-dopamine, serotonin, kunye ne-norepinephrine ayinakusebenza ngokupheleleyo, akunyanzeliswa kukuba zeziphi izinto ezisetyenziswa.

Ukonyonga.	Idosi.	Ixesha.	Iinkokeli ezikhethekileyo zekokhisi.
5-MTHF (L-methylfolate)	400–1000 mcg ngosuku.	Ukutya ekuseni.	Ukuntlontlana kwe-cocaine lubanga ukuncitshiswa kwayo yonke imithombo emithathu yezinto ezisetyenziselwa ukutshintsha iimpawu (monoamines). I-5-MTHF yinxenye ebalulekileyo ekwenzeni izinto ezisetyenziselwa ukutshintsha iimpawu, kwaye ibaluleke kuzo zonke le mithombo emithathu ngaxeshana. Kubantu abaneengxaki ze-MTHFR abayisebenzisa i-cocaine kwaye oku kungaba yindlela yokuziphakamisa ngenxa yeengxaki zokwenza izinto ezisetyenziselwa ukutshintsha iimpawu, i-5-MTHF ingaba ngumthuthi onempembelelo enkulu kangangoko kwixesha lokuphucuka. Qala nge-400mcg

			kwaye yandisa kancinci kancinci.
Methylcobalamin (B12)	1000–2000mcg	Mkusho, ngaphantsi loluphaphu.	Isebenzisana ne-5-MTHF. Ukusetyenziswa kwe-cocaine kunye nemiba emithile yendlela yokuhlala (ukutya okumandla, ukusetyenziswa kwaye kwakhona kwe-alcohol, ukungabi nokuphumla) lihlala luphantsa i-B12. Imiphumo ye-cocaine ekuqhekebeni kwe-norepinephrine ifaka umgca omkhulu ekuhlalutyweni—ukuba kunokufanelekile kwe-B12 kuxhasa kokubili uhlalo lokuhlalutya kunye nokulungiswa kwenkqubo yezinerva.
P5P (i-B6 esebenzayo).	25–50mg	Mhla mhle.	Umthombo wokunceda ekubeni kwenziwe i-dopamine (i-DOPA decarboxylase), i-serotonin (i-aromatic amino acid decarboxylase), kunye ne-norepinephrine (i-dopamine beta-hydroxylase). Ukulahlekelwa kwezinto ezintathu ze-cocaine kubeka ixholo elikhulu kakhulu kumathambo ezyme axhomekeke kwi-P5P. Sebenzisa kuphela ifomu le-pyridoxal-5-phosphate.
I-magnesium glycinate.	400–600mg ye-element.	Ekuseni kunye nebusuku.	ICocaine ibanga kakhulu i-magnesium—ngokuthe ngendlela eqala ngokuzenzekelo ngenxa yeenkonzo zombili, kunye nangokungathathiweyo ngenxa yokuntlizwa okubi kunye nokunyaniseka okuncitshisiweyo kwiikhondlakhondo. Ukuntlekelela kwe-magnesium kubangela ukukhuluphala kwengxineko, ukulahlekelwa kokucinga, ingozi yezifo zentliziyo, kunye nomgangatho wokunyaniseka—zonke ezi nto ezibalulekile kwiiprogram zokubuyela kwempilo encinci. Ukuncipha kwegxineko ngenxa ye-magnesium efanelekileyo luvakala ngokuphindaphindiwe phakathi kweentsuku ezimbalwa.
I-sink.	20–30mg ngosuku.	Ikusasa kunokutya.	I-sink yinto ebalulekileyo ekwakhiweni kwe-dopamine

			nakwisetyenziso zezinye izinto ezifuyo kwiindlela ze-monoamine. Ukusetyenziswa kwe-cocaine kunye neengxaki zokutya ezihambelana nayo kuthethelela i-sink. Kwaye, inceda ukusebenza kwenkuthalo — oku balulekileyo ngakumbi ngenxa yengozi ye-agranulocytosis ekhoyo kwi-levamisole.

4.2 — Ukulungisa i-Dopamine

I-CENTURION – Indawo Ebalulekileyo eSilinganisweni Sengqondo Yomsoli – Ukwakha Kwesenzelulo Esingakwananga.

Ukulungisa i-dopamine yinto ebalulekileyo kwiinkqubo zokubuyela kwempilo emva kokusetyenziswa kwe-cocaine. Ingqondo "yeSoldier" eyayilungele ukukhulula i-dopamine ngokushesha phambi koko kusetyenziswe i-cocaine, kodwa ngokuphindaphindiweyo, le nto yenza ukuba kube neengxaki ezimbini: ukungabi nanto kwaye kufuneka uhlanzekile ngokucwangcisiwe, kunye nenkonkolo eninzi.

I-supplement.	Idosi.	Ixesha.	Iinkokeli ezikhethekileyo zekokhisi.
L-Tyrosine.	I-500 kuya kwe-2000mg ngosuku.	Usuku olulungile, ngaphandle kwekepisi.	Umthombo oqala ukwenza i-dopamine. Incwadi igxile kwi-tyrosine ngokukhethekileyo yokubuyisela umntu onokuvimba kwe-COMT ngokuphuza okungenanto. Qala nge-500mg kwaye ufake izinga ngokwezinto ezibonakalayo. Yithathe imizuzu engama-30 ngaphambi okanye iiyure ezimbini emva kokutya kwe-protein—ukuncintisana kwe-amino acid ekuthunjweni kuncamathise ukusebenza kwayo kunokutya. Ukuba i-L-tyrosine ibangele ingxaki (kancinci kodwa kungaba), tshintshela ku-NALT (i-N-acetyl L-tyrosine) enento enzulu ngakumbi.
Mucuna pruriens (umthombo we-L-DOPA).	100–300mg ye-L-DOPA efanayo.	Usuku olulungile, ngaphandle kwekepisi.	Umthombo wendalo we-L-DOPA —inyathelo enye esondele kakhulu kumdopamine kunetyrosine. Le nkqubo igxile kwi-Mucuna pruriens

			ngokukhethekileyo ukuxhasa ubunokuzithuthuka kweenyawo. Izinye izinto ezifumaneka kuyo zinokuxhasa umoya ngendlela ehlala njalo. Ungaxhumi i-Mucuna eminzima ne-L-tyrosine—yenza oluphambili olulodwa. Imiphumo ye-Mucuna ifike ngokukhawuleza kwaye ibonakalalise ngakumbi kunetyrosine, nto leyo abanye abantu abanobunzulu obuqinile bayithandayo.
Uridine monophosphate + DHA + CDP-Choline (Inkqubo yokuphucula ingqondo).	UMP 250–500mg + DHA 1g+ + CDP-Choline 250mg	Mhla mhle kubo bonke.	Kwandisa ngokubambisana ukukhiqizwa kunye nobukhulu bezi receptor zeD1/D2—ngendlela esebenzayo kakhulu ekufunyaneni ukunyusa ubukhulu bezireceptor, engenanto efunekayo. Oku kulungelelanise ngqo nokuncitshiswa kwezi receptor zeD2, okuyinto eyona nto ebalulekileyo yezifo ezibangelwe kukusetyenziswa kwesikopho kwanjengokosiki ixesha elide. I-"Brain Stack" ibanga ukuba kutshintsho oluqinileyo kwiingxenye zeenyawo, kwaye oku kuza kuthatha iiveki okanye iinyanga, kunokunika ulindi olufutshane.
NAC (i-N-Acetyl Cysteine).	I-600 kuya kwe-1800mg ngosuku, efakwe kwiintsapho ezahlukeneyo.	Ekuseni kunye nobusuku, ndiyadla.	Kuyavuselela ukulingana kwe-glutamate kwi-nucleus accumbens — ngokoqala ukulungisa ukungalingani phakathi kwe-glutamate ne-dopamine okubangela ulwimi olomeleleyo lwencutiselo. Izivhumaniso ezininzi zocliniki ezinikezelwe kwiintlanganiselo zokutshabalalisa incutiselo zikhuthaza ukusetyenziswa kwe-NAC ekunciphiseni ulwemi. Oku ngesinye sezongezo ezifanelekileyo kunene ngokukhethekileyo kancutiselo. Qala ngoko nangoko ukuyeka ukutshabalalisa incutiselo.
Rhodiola rosea	300–600mg esenzelweyo.	Mhla mhle.	Ukulungiswa kwe-dopamine ne-serotonin; umthathi; ukunciphisa ukukhathala. Kufanelekile kakhulu iiveki ezili-2 ukuya

			kwezili-8 xa ukungoneliseki kunye nokuntlekelelo okuncinci zibalulekile, kodwa intambo yezinto ezenzelayo ngokwayo ayanele. Ukunyanzela kwexesha lokuqala lokubuyela kwindlela yokuziphatha kwanoma ubani ongathembiwe ngokusetyenziswa kwe-cocaine kunokulungiswa ngoncedo oluthambileyo lwe-dopaminergic lwe-Rhodiola, nangaye na.

4.3 — Ukubuyisela iSerotonin.

I-CENTURION – Ubuhlobo obuqinile obubanga yi-cocaine – Yakhe kwakhona.

Njengokuba kuyinto ebalulekileyo kwi-guide ye-methamphetamine apho ukulungiswa kwe-serotonin kubaluleke kakhulu, kwi-cocaine recovery yinto eyakudala umvuzo. Ukubaleka kwe-SERT ngamacocaine kunikezela ngokuthembekileyo kwenkundla, ubushushu bomzwelo, kunye nokulula kweengxwashawu phakathi nabantu, nto leyo eqinisekisayo ukuba ayikho kwi-recovery. Ukutsalaliselwa kwenkundla kunye nomgca omile weengxwashawu ekuqaleni kwe-cocaine recovery kubandakanywe kakhulu kwi-serotonergic.

I-supplement.	Idosi.	Ixesha.	Iinkokeli ezikhethekileyo zekokhisi.
5-HTP	50–150mg	Ngebuso, imizuzu engama-30 ngaphambi kokulala.	I-serotonin precursor—ngokunyezelelo oluqondileyo olunikezelwayo lokuxhasa ukwakhiwa kwakhulu kwaserotonin. Ukuthanda iindleko zentambo ekuseni kunceda kokubengu kunye nokulala. Ingxenye yobomi bomphakathi neyokuxhumana yokunyamekela—ukuyakha inkuthazo kwixhunyanisi enikezelweyo kukoke koko eyayikhulelwa yi-serotonergic effect ye-cocaine—ihlala ibonakala ingcono kakhulu ngeveki ezimbini ukuya kwezine emva kokuthanda i-5-HTP. Ungaxhumi nalapho kunye ne-SSRIs ngaphandle kolwazi lodokotela.
L-Triptophane.	500–2000mg	Ukuseni, kude	Inkqulelo ethile okanye

		neprotein.	eyancedisayo kwi-5-HTP—iyadlala ngokuthe, kodwa iyathatha ixesha elide ukusebenza. Abanye abantu bathi i-tryptophan kunye ne-5-HTP encinci yenza kakuhle ngakumbi kunokuba zibekho ngodwa. Yithathe kwiindawo ezifana neprotein ngenxa yokuncintisana lokuthutha.
Inositol.	4–12g ngosuku (lungiselele umthamo).	Kwahlulwe ngemiyalelo.	Kulungisa ukunyamelwa kwezikhathi-ntambo ze-serotonin. Kukhona nezinye izimpawu, ezifana nokudangala kunye nokuba ne-OCD—ezinto ezivame kakhulu kwabantu abaphuma ekusetyenweni kwe-cocaine kunaxa kwiiminye iindlela zokuphelisa ukusetyenziswa kwezinto. Ukucwangaliswa okungqangqo kunye nenxiba yemfuna ye-cocaine iphendula ngokuphindaphindiweyo kumiphumo ye-inositol kwiikhathi-ntambo ze-serotonin.
I-EPA eyikhulu kwi-Omega-3.	2–4g ngosuku (i-EPA kunokuba yi-DHA).	Nokunceda, kusasa.	I-EPA, eyikhulu kwi-omega-3, ibonakalise ukuba kunokufakelo oluqinileyo ekubandlululeni nomdlandla—kwaye ikhuthaze ukunyamelwa okubangelweko yi-serotonin ngexesha lokutsalaliselwa kwe-cocaine. I-DHA isekayo ukuguquka kwembrane ukuze kuncedise ukubuyela kumgangatho wezinto ezifumaneka kwi-receptor. Ubuxholo be-EPA:DHA bunokuba lunomthelela kumdlandla: ubuxholo be-2:1 okanye 3:1 be-EPA:DHA bubuxholo obinxulumene nomhlaluthetho kwaye olixhaswe ngumboniso wokunyamelwa.

4.4 — Umbuzo we-ADHD.

I-CENTURION – Umthombo oqhelekileyo ongaxoliswa obanga ukuxhashazwa kwe-cocaine.

ICocaine yinto eyenza ukuba izinto zingabuyeli kwindawo abanga zifuneka, kwaye ifana ne-methylphenidate (iRitalin) ngokwakhelwa kwayo kunye namalungiselelo

ayo. Le ndlela efanayo yokuvinjwa kwe-DAT eyenza ukuba i-cocaine ibangele umvuzo kubantu abangabanjisiyo be-ADHD, kodwa kubantu abane-ADHD, ibanga kwiindawo zengqondo kwaye ibanceda ukuba bafumane inkululeko. I-Cocaine ibilapho elisemthethweni lokuzithabatela kwabanye abantla be-ADHD kangangeminyaka emininzi—kwaye ngokubanzi, i-ADHD ayibonakaliswa ixesha elide kakhulu ngenxa yokusetyenziswa kwe-cocaine kuba "Ndikhululekile xa ndiyisebenzisa" akuyona inkcazelo yezimpawu ezithumela umntu kumatyalana.

Iintlobo zika-DAT1 ezifana ne-10-repeat kunye ne-DRD4 ezifana ne-7-repeat—ezombini zidibaniswe nokuba umntu ubuthathwa yikokhethi—zinaphakathi kwemiba emikhulu yeengcebo zeenjini zokuqala ze-ADHD. Le nkqubo ayiyona into eyenzeka ngokungahambiwo.

Ukuba usebenzise i-cocaine kakhulu ukuze ufumane ukuzimisela, umsebenzi onamandla, okanye ukusebenza kahle kwengqondo kungeyakubonga—kwaye ukuba unenkxwalwa enkulu ekuncameleni, kulungiseleleni, nakwimisebenzi xa awusebenzisi—umgaqo oluphambili kwiiproblemi zakho zokulazana yile ndibungqina ye-ADHD. Izixhobo zokuphulukisa i-ADHD ezingenzi ukuba uphumele (njengesiStrattera/atomoxetine, Wellbutrin/bupropion, Intuniv/guanfacine) zinokunceda kwi-ADHD ngaphandle kwengozi yokuxhwala eyayikhoyo kwiizixhobo ezifumana ukuzimisela. Thetha nomdokotela onolwazi lwezifo zengqondo kunye nokulazana.

4. 5 — Ukululama Kwemveliso — Iindlela zokuphuza, iKakhadi, kunye neCandima.

I-CENTURION – Umzimba Ononakeyo Ngesixa esifanayo neenyawo.

Umngcwango wasephapheni (abasebenzisi abathatha ngaphakathi): Ukusetyenziswa kwe-cocaine ixesha elide ngokungqongqoya kungabangela ukuncitshiselwa kwempumputo yasephapheni, umdaka ophuzi, kwaye kumatyala ayingozi, ukutshabalalisa komhlathi. Ukuhloliswa kwe-ENT kufanelekile kubo bonke abantu abasebenzisa i-cocaine ngaphakathi ixesha elide. Ukugelezwa kwempumputo nge-saline (i-NeilMed okanye i-"neti pot") masipho yanoma iyiphi into kuyanceda ukubuyela kakhulu kwempumputo. IVitamin C kunye nezinc kufakazelwe ukuba zinxibelelene nokulungiswa kweminoyini. Ukubuyela ngokupheleleyo kubalulekile kumatyala amaninzi, kodwa umngcwango onokutshabalaliswa (umdaka ophuzi) ungafuneka ukunyamekela olwahlukileyo.

Uvavanyo lwegalelo: Nabani na onenkxaso enkulu yokuphumayo kwe-cocaine kufuneka afakwe kuvavanyo lwegalelo: i-ECG (electrocardiogram) ukuze kubonakale ukuba kukho nayiphi na inkathazo yombuleko okanye izimpawu zokuba kwenzile into ethintekayo; ulwazi lokulungiswa kweentambo zenyamazane; i-echocardiogram ukuba kukho naziphi na izimpawu okanye inkxaso enkulu. I-cocaine cardiomyopathy (umhlaza omkhulu, onobuthazamkelele obunzima ngokuphindaphindiweyo ngenxa

yokunyamekela kakhulu) ibonakala kubantu abasebenzisa i-cocaine ngokulinganiso kwaye ifuna uvavanyo olungqongqo lwegalelo.

Intambo yobuluntu: Abasebenzisi bezinto ebizwa ngokuba yi-IV cocaine: Ukuhloliswa kwe-HIV, i-Hepatitis C, ne-Hepatitis B. Uphononongo lwe-infective endocarditis ukuba kukho ifevu, umsindo wengalo, okanye imiba emithile yomzimba. Ukuhloliswa kwe-STI ukuba ukusetyenziswa kwe-cocaine kwenzeka kwiimeko zokuzityisa (ukusetyenziswa kwe-cocaine kunomilelwe ngokubangela ukuntantyezwa).

Ulwazi lokuhloliswa kwe-Levamisole: I-CBC (ukulungiswa kwegunya elipheleleyo) kufuneka yenziwe ngaphambi kokuba uqalise ukubuyela kakhulu. Ukuba zikhona izimpawu ze-agranulocytosis (ukungathambekileka, imigquma emlonyeni, ukuthanda ukugula) – hloliswa ngokungqenketho. Phinda i-CBC emva kweenyanga ezili-1 nezi-3.

4.6 — Ukulungisa ukuhlala.

I-cocaine kunokuphimisela okukhethekileyo: i-cocaine ibanga ukungasipumzi kakhulu ngexesha lokusetyenziswa (ukuqhekwa kwe-norepinephrine kungaqhuba ukupumzisa) kulandelwe kukupumzisa ngokugqithisileyo ngexesha lokuphuma (inkqubo eyasileyo efuna ixesha lokulungiswa). Iizikhu kwaye iindlela zokuthanda ezinxephezelayo zenza ukuba kube neenguqulelo ezibuthakathala zesikhathi esingunaphakade onokuqhubeka iiveki emva kokufumana impilo.

- Imelatin: 0.5–1mg ngendlela eyimitha, imizuzu engama-30–60 ngaphambi kokuya kulala. Ikhlocki yobomi (circadian clock) idluliselwe kaninzi ngezikhathi zokudla okuninzi kunye nokulala—ukulungisa ixesha lokuthatha imelatin kuyanceda ukuyibuyisela kwakhona.
- I-magnesium glycinate: 400mg yomgca. Inceda kwiimiba emibini, ukulala kunye nomdla wokukhathazeka ngexesha lokuqala lokutsalwa kwikokhethi.
- Glycine: 3–5g, imini engama-30 ngaphambi kokulala. Ukuncipha kwezinto ezifudumeleyo kwiindawo eziphezulu zomzimba kunye nokusebenzisa i-NMDA ukuxhasa ukwakhiwa kwelwazi lokulala.
- 5-HTP: mgu 50–100 kuseni. Ukusetyenziswa kwe-serotonin kuxhasa ukuqaleka kokulala kunye nokwakhiwa kwe-REM.
- I-ekstrakthi yewayini encinci: 480mg kusasa. Umthombo wendalo we-melatonin; isebenzisa ukunciphisa ukuvuvuzane.
- L-Theanine: 200mg kusasa. Nciphisa ukuziva okungqangqo ekubeni kokuphumla kwesikokhethi, kwaye lwenza ukuba uphumele ngokukhululeka.

Inkqununu yokuphucula ukulala ye-stimulant withdrawal: i-delta binaural beats (i-0.5–4 Hz) yokufundisa ukulala; umthamo omkhulu we-60–70 BPM; imisindo yasendle, imisindo yezinto ezincinci, kunye nemimoya. Akukho mizuzu emikhulu, akukho zithuthuko ezinobunzima. Umthamo omncinci. Inkqubo enzulu ye-nervous system emva kokusetyenziswa kwe-cocaine iqheba ngokusetyenziswa kwemisindo enokukhuthaza.

4.7 — Iphepha leKhuselo lePeptide.

I-peptide.	Inkqubo ekukhawulelweni kwisifo esomileyo ngocokisi.	Ixesha.	Notes
BPC-157	Ukulungiswa kweenyawo ze-dopamine ne-serotonin; kuxhasa ngokuthezekileyo ukunyamelwa kwe-dopamine okubangelwe kukokethi kumodeli zocwaningo; ukulungisa indlela phakathi kwengqiqima kunye nomsila; ukukhusela ingqiqima; kuxhasa umthamo we-BDNF.	Usuku loku-1 emva kokuyeka – masipho.	I-BPC-157 yile peptide ebalulekileyo kakhulu ekubuyiseni umntu ongatshatanga, ngenxa yokuba luhlela ngqo inkqubo ye-dopamine. Izifundo kweenyamazane zibonisa ukuba i-BPC-157 ixhasa ngokukhethekileyo inkqubo ye-dopamine ephantsi kwiimpempeko ezithintelayo, kubandakanywa ikokhene. Inokuthwalelwa ngomkhulu okanye ngaphantsi kwesikhumba. Ukulungiswa kwe-gut-brain kulunye unxibelelwano olubalulekileyo kuba ukusetyenziswa kwekokhene kunyusa kakhulu i-microbiome yegut kunye nokukhiqizwa kwe-serotonin yangaphandle ekhiqizwayo ngugut.
Imveliso yokuphucula ukusebenza kwengqondo.	Ukunyuka kwe-BDNF kunye ne-NGF; ukwanda kwakhono lokucinga; ukulawula i-dopamine kunye ne-serotonin; ukuxhasa umgca ophezulu weengqondo — i-cocaine ikhokelela ekunciphiseni kwe-BDNF kwi-prefrontal cortex.	Ivhini 1 kuza kwakhona.	Ukucocoshwa okuthe ngqo kwe-BDNF ekuqaleni kwengqondo yiweyi enkulu yendlela ecaphulelwayo kwi-cocaine, echaza ukulahlekelwa kwamakhono engqondo. Imiphumela ye-Semax ekukhuthaziseni i-BDNF ixhomekisa ngqo kuloo nto, entsekutho. Ukungacaca kwengqondo, ukulahlekelwa kwayo ekuthatheni izigqibo, kunye nokuzimisela kwecocaine kuziphendulela ngenkxaso ye-Semax ekuqaleni kwengqondo. Ngendlela yokufakwa ngaphakathi

			kolusu.
Selank	I-anxiyolitiki esebenzisa ukulawula i-GABA kunye ne-serotonin; iluncazelise ingxaki yentliziyo engenzi kwayo; inxenye ye-serotonergic ebalulekile ekuhambiseni ne-SERT ye-cocaine.	Ivihlanzi 1–8 — njengoko kuyimfuneko kwi-akhawunti.	Inkqubo yezinto ezenzelwa yi-Selank ebhetyezele i-serotonin iyenza ukuba ibaluleke kakhulu ekubuyiseleni umntu onokuthanda ukusetyenziswa kwe-cocaine kunye nezinye izinto ezifunyaniswe, kuba ithabathela kwindlela ecocekileyo yokusebenza ye-cocaine ngaphandle kokukhululeka kwiingxaki. Ayinanto enokwenza umntu uthande ukuyisebenzisa. Ingasetyenziswa ngeenyawo zombini.
Epitalon.	Umbhobogo womjikelo wenyanga; ukukhusela i-telomere; indlela yee-pineal; ukunyusa umjikelo wamanja.	Iviwekendlu 1–4	Ukuhlazwa kwesikhathi esingqamukileyo (circadian) ngenxa yezikhuphuzi zokuthanda i-cocaine kunye nezinxenye zayo eziyingoqi zingahlala iiveki. I-Epitalon ixhasa ngqo indlela ye-pineal kwaye isiza ekubuyiseni ukuzinzilela kwesikhathi esingqamukileyo.
Dihexa.	Ukudala kwamaxesha entshintshi; indlela ye-HGF/c-Met; kukhuthaza ukubamba kweentshintshi ezintsha kwindawo yebhufa yangaphambili kunye ne-hippocampus eyonakekileyo ngokuphazamiseka kwe-BDNF ebangelwe kukhokekhe.	Iinyanga ezisi-1 ukuya kwezi-3.	Ukucutha kwe-BDNF (Brain-Derived Neurotrophic Factor) kwaye imiphumo yayo kumalungu okudibanisa, enokubangelwa yi-cocaine, inokuphinzileyo ngokuqala kwindlela yokwakhiwa kwamalungu okudibanisa ngeDihexa. Inamandla kakhulu—qalisa ngomthamo omncane. Kunemibandela encinci kumntu; kukho isizathu esiqinile somthetho malunga nomonakalo ovela kwi-cocaine kwindawo yangaphambili yengqondo.

Isahluzo 5 — Ukunxatywa kwi-Cocaine — Ukuqonda nokuviva.

I-CENTURION – Umgca omtsha, onopumelelo kakhulu ekubandakanyweni kwezinto ezinokudlala indima kwiingcebheko kwiikhathizithini.

Iimvakalelo zokunxwelisa i-cocaine zingombini womhlalaphansi kunye nomgca omkhulu kwiimonakalo zonyango. Isignali yokulindela i-dopamine eyayifundiswa yiyo inkqubo yengqondo ukuba iyenze njengempendulo kumacala axhasayo e-cocaine, ibalulekile kangakanani ngamandla ayo kunye nesantya—ngamasekhondi embalwa nje emva kokufumana umgca oxhasa (isandi elithile, ukubona ipowuda emhlophe, isimo somphakathi esixhasayo ekusetyenzweni, uvumba oluthile), inkqubo yokulindela i-dopamine iyatshiswa ngamandla afikelela kufutshane namandla aphezulu.

Olwakuba kunjalo, akuyona inkqubo yengqondo. Yeyiganeko yenjololo engaphezulu kwe-cognitive. Ingqondo ikhokele kwi-dopamine efike ngaphambi kokuba i-prefrontal cortex ibe nexesha lokuhlala. Kung oku kwenzi ukuba indlela "ungcinga malunga nayo" ingasebenzi kwi-cocaine: intloko ayiqali ngokucinga. Ukucinge kuza kamva.

Iphrotoqolyo yokuvula umgca kufuneka ibe ngumsebenzi okokuqala, emva koko kube ukucinga: isenzo kufuneka siwe phambi kokuhlaziywa.

Imaphu yezinto ezibangela ukunxatywa kwe-cocaine.

Uhlobo lwentetho.	Iphethelo lezincwadi zengqondo.	Inkqubo yokuvula intetho.
Inketho yendalo (ubunzulu obukhulu).	Iindawo ezithile, abantu, izinto, iimveliso, umculo, kunye neenkxaso-nkqubo—nayiphi na into esetyenziswa ngokuqhelekileyo kwiindlela zokusebenzisa ukoxanga—iyenza ukuba kube nakho ukuphucuka kwe-dopamine phambi kokuba umntu azi ukuba unefiso.	PHUMA KWENDLU NGOKUQHEKELEYO. Ungazami. Ungathi "ndiyabulela." Ukukhishwa kwakho ngomzimba kwiindawo ezibangelayo yinto yesokuqala, ayilonke elokugunya. Isixhobo sokuziphatha esiphumayo sidinga indlu eyenza ukuba uphume. Khuphukile kuyo phambi kokwenza nantlo enye.
Imiyalelo / inkqubo yokufezwa.	Imiyalelo yentloko, amatyala, kunye neenkxaso-nkqubo apho igunya elidityaniswe ngaphambili lasebenziswa khona—ingqondo iyenza ukukhululeka kwe-dopamine phambi kwexesha kwiimeko	Hlela izimo ezinobungozi kakhulu: fika kamnandi uphume ngokushesha; yisa umntu onamandla okukunceda; ngenisa isizathu sokuba uswe. Umgca wamanqanawonye obonelelwa yi-cocaine kufuneka

	ezifana nale.	ukhuliswe ngezinye iindlela (Isahluko 6) ngaphambi kokuba izimo ezinobungozi zibe nzulu.
Ukunqanywa kokufuna okubangelwe kukungabi nentliziyo yodopamine (ukuba buthuthuko).	Ukunemvakalelo oluncinci kwaye olungabonakali ekuqaleni kwentlalo yokuphulukiswa kubanga umgca okhethekileyo wemfuno: "Ndifuna nje ukuziva nto." Inkuthazo ayikhangele i-cocaine ngokuthe ngqo—ikho ekuphelisweni kwegeyinitshi. Naluphi na uphawu lwe-dopamine lungasebenza. I-cocaine yayiyindlela esheshayo ekhoyo.	Le ngceba kufuneka ibe neyona ndlela enzulu yokunyamekela i-dopamine yendalo: ukuzilolonga (indlela esheshayo kakhulu yokufumana i-dopamine yendalo), ukubanjelwa umthwalo omandla, imincintiswano, isicocelo sokudala. Into enobunzima obanele ukuba ibe nephondo lenye into entle, kungezi nto entsha. Imiyalelo yefomu "Warrior" kufuneka ilandelwe ngokungathathi hlangothi—akukho nto ekufuneke yenziwe ngaphandle koko.
Umfuna ukuba nekhondo kunye nabanye.	Ukufika kwisimo samasiko ngumvakalelo yokuba awanele ngaphandle kweleyi. Ukukhululeka, ukwethembeka, kunye nobuhle obusebenzayo kwi-cocaine ayikho, kwaye umgca wendlela oyinyaniso (ngokungabi nakho i-cocaine) ufumana ukuba ungaphantsi.	I-5-HTP kunye nomkhwa wokuxhutyweko. Ukwethembeka kwexesha lokuhlangana kwakuyinxenye yeyakhimiki (ukutshabalalisa kwe-SERT) kwaye yenxenye yomthamo (abaxhasa i-cocaine bafundise ukuzibonakalisa ngendlela efanayo kwiinyanga ezininzi). Ingaqiniswa le nxenye yomthamo ngeenkwenkwe zokufunda ngokucwangcisiwe kwezinto ezincinci. Ingaqinisiswa yenxenye ye-serotonin nge-5-HTP kunye nemikhuba yemveliso yeserotonin.
Ukuhluma okungalona nto, echaza kwi-compendium.	Ikompendiyumithi igxininisa ngokukhethekileyo "ingqiqo yezifo ye-ketamine" kwaye, ngoko nangokwesiqhelo, ukuhlaziywa okwahlukile kwekemikhali yecocaine njengento eyomileyo ekufunweniweyo ekuqaleni kwelukululo— ingqondo exakekile esilungiselela inkumbulo yesenzo.	Le bhukumisa zinto ezimbini: eyokuqala yileyo ethiwe "eyokulindela" (eqalwa ngamatyhila, ihlala amasekhondi ukuya kwiiminithi, kwaye ihambelana nomdla), kunye neyesibini ethiwe "ukukhululwa kwemiba" (ngexesha lokuzivocavuca, ukusuka kumathambo akhulu okukhulula iimvuzo ze-cocaine, ehambelana nothukutho endaweni yomdla, kwaye ihlala ixeshana elide). Zombini ziyakhululeka ngexesha, kwaye zibonisa ukuba uphando

		luyasebenza, hhayi ukuba lubi.

I-PROTOCOL YOKUPHAZAMISEZA UKUNXATYWA KWE-COCAINE – IMIZUZU EMI-5.

1. BEHAVIORAL RESPONSE FIRST. Before anything else: if a cue is present — leave the environment. If not — change your physical position immediately. Stand up. Walk to a different room. Go outside. Do not execute any other step while remaining in the triggering environment.
2. UKUXUSHULWA OKUQINILEKO LWEZIKHUTHOZO ZOMBALA. Yenza iintambo ezilishumi ezimbili zokugxoba, ugxothe umgca omde, ulungele amanzi asebusini, okanye nantlo enye eyenzisa umvuzo oqinileyo ngokushesha. Inkqubo ye-"Warrior" ifuna ukunciphisa intlungu ngokukhawuleza—ayifuni into elula. Oku akuyona "ukubekezelela" okungenamsebenzi. Yinkqubo yobungqina bomzimba.
3. UKHENKETHWE WE-4-7-8 — ZIKHULI EZISIXE. Emva kokuvinjelwa komzimba, inkqubo yezinto eziphathekayo kufuneka iqaliswe. Ingqondo "yomsoli" eyathumela isiginali enkulu yokulindela idopamine kufuna ukuba umgca wemithambo (vagal) usebenze. Zikhuli ezisixe, hhayi ezine.
4. THATHA I-NAC NEE I-TYROSINE. I-NAC (eyancedisa ukulingana kwe-glutamate) kunye ne-tyrosine (efumeka i-dopamine) ndawonye zibhekile ingxaki yezakhemikhali ephantsa ekubandayo. Ezi nto azizona "placebos" – zezinto ezisiseko zophawu lokunyanisekisa olufunekwa ngobanda, kzinikezelwe ngeendlela zokukhiqiza kungeenjongo zokuphinda ukusetyenziswa kwazo.
5. IXHUMANA. Thumela umyalezo okanye uthandaza kwi-support structure yakho. Isixhobo sokulindela i-dopamine sathunyelwe kwiimeko zesosholo—ikokoko yayiyityhubhu yesosholo. Ukuxhumana kunikeza isignali yangempumelelo yendalo ye-dopamine eyenza ukuba ibaluleke kwisidingo salesixhobo. Qhagula into ekwenzekayo. Akufunekanga usindiso. Ufuneka uphawu.
6. SEBENZISA INGXENI YEMBUZI EKHULU KAKHONE. Kusuka kwiSahluko 6. Nanto eyifumaneka ngokoqobo kwaye inamandla. Umsebenzi omncane, ongathathi phantshi, awuyi kuzuza umngama we"Warrior". Kuyafanele ukuba kunamandla angokoqobo.
7. Ukuchaswa, uhlobo, ubukhulu (ukusuka kwe-0 ukuya kwi-10), isenzo, umphumela. Iintsuku ezintathu zale data zibonisa ukwakhiwo lwendlela oyithandayo ngendlela eqinileyo echaza indlela ohlangabezana ngayo nale ndlela.

Isigaba 6 — Ukudlala Umntu Onokuthanda: Ukwakha Inhlalakahle Yenkcubeko Yomhambi.

I-CENTURION — Iphepha le-Centurian elinombuzo C-28 esetyenziswa kwiNkqubo Yokulibazisa kwe-Cocaine — Ubomi obalulekileyo engqinelweni yomntu onamandla.

Inkqulelo yale ncwadana ichaza ngokuchanekileyo into enye ekufunekayo kwi-“Warrior constitution” kunye nalokho i-cocaine yayinikezela: umva wokuba uphilile, nto leyo engumgca osisiseko ongaluhambisi. Akuyona ukuthula. Akuyonxaso. Akuyi ntshintelo. Yimilo yokuphila.

Umntu owayeyinkunye yento enganto, owazisebenza iminyaka ukuze afumane loo mxube womoya ngokuphuzwa kwe-dopamine, unengqiqo efanelekileyo into enkulu. Le nqiqo eyayisukela kwi-cocaine ngonamandla elifanelekileyo ingasebenzisa wona ukufuna ubungcwangu, umncintiswano, ukuzinikela, kunye nobuchule—ukuba inikezelwe ngendlela efanelekileyo.

Ubume bendawo yendlela yokulibazisa kwe-cocaine ekubuyeni kwempilo ayilona ubomi olungenamsebenzi. Yubomi olwenkathixo. Ubomi oluhleliwe ngokwengxenye yesidingo sentlalo le mhlomo.

Ubume bomdla wam dopamini weenkaliphi.

Source	Ubukhulu bomdabu we-dopamine.	Ndingayifaka njani?	Ukulungisa ukuxakekile kwe-cocaine kufuna inkxaso ebalulekileyo. Ngenxa yoko, kuyakhuthazwa ukuba ubambe uxolo kwaye ufune uncedo olufanelekileyo. Ngezi zikhoyo: * Ukubuyela kwisimo esifanelekileyo (Recovery Kernel) * Naloxone * COMT * DRD2 * MTHFR * Blueprint * findahelpline.com
Ukuqeqeshwa obunzima obuphezulu—ngakumbi	Phezisa kakhulu - i-dopamine, i-norepinephri	Ukugijima, i-CrossFit, imidlalo yobudlelwane, imidlalo	KwesiBhunga leWarriors, ubunzima bomsebenzi bunokuba ngunye umgca olumqanjana kunexesha. Iseshini yokuqalaza

ukuncintisana.	ne, i-endorphin, kunye ne-BDNF ngaxeshana.	eqhudelwayo—misipho nganye, imizuzu engama-45 okanye ingakumbi. Ubunzima kufuneka buqinisekiswe, hhayi ukuba bubungakanani.	engama-20 eeminitsi enobunzima obukhulu inganika isignali enkulu ye-dopamine kuneeyure ezili-60 zokugijimela okuncinci. Inkqubo enzulu eyayikhuthazwa ngayo i-cocaine ifuna ubunzima obuqinileyo bomzimba ukuze idale imichiza efanayo yenkqubo yezinto eziphilayo. Oku kuyinxenye esemthethweni kwaye ayikwazi ukutshintshwa. Yenza oku kuqala.
Ukuncintisana okudala.	Phezisa kakhulu—izinto ebenzima kweendlu zombane zikhulisa i-dopamine kangangama -3 ukuya kwama-5 ngokuphinda phindiweyo kunokufikelel wa komntu uyodwa.	Ezinto zokuncintisana: * Ezemidlalo * Iintsapho zabantu * Imidlalo yobunzima * Imitambo yokuncintsa * I-chess * Imicimbi yokuthengisa * Inkqubo	Ukukhululeka kwe-dopamine ekufeniweni—okuphumelelayo kakhulu kunomxholo oqinileyo kwiindleleni ezininzi—ngesinye seziganeko zemvelo ezinobukhenketho obukhulu be-dopamine. Kumdlali ongasetyenziswa i-cocaine njengendlela yokwandisa ukusebenza kwezinto, umncintiswano unikeza inkqubo ye-dopamine enxibelelene nomphakelo womntu kunye nemigomo yomsebenzi, eyayikhulunyezwa yi-cocaine. Fumana umncintiswano. Ungene kulo. Ukuzimisela ukufumana intambo yimpumelelo yeyona nto i-cocaine yayisetyenziswa ngayo.
Ukusebenza obungqina kakhulu kwezinto ezibalulekile.	Ukukhuthala okukhulu kwe-dopamine kunye nokuvumela nisa kwenkcubek o.	Ukukhuluma phambi kwabantu, izinto ezibonisiweyo, ubuntengesi, intengiso, iintsomi zokuzilibelela, ubuholi.	Ingqondo yomsoli iyenza kakuhle kwiimeko zengxabano—inguqulo ye-Val/Val ye-COMT, eyisusa ngokukhawuleza iikhemikhali zesilingo, yile ngqondo eliqinileyo esilungele ukusebenza kwiimeko ezixelekileyo. Oko kokuba yayisenziwa yi-cocaine kwezinto zokusebenzisa eziprofeshinal, ingqondo yomsoli eyipholileyo ingenza ngendlela efanelekileyo ngeyolelo elifaneleyo kunye nokwenziwa okwenzekayo, endaweni yokusetyenziswa kwe-cocaine. Le ndlela esheshayo yayibangela ukulahlekelwa kwento yokuqonda kumntu. Ukwakha kwamandla angenamseko lubanga uthando oluqhubeka.

Ubuluntu obuqinile kunye nokusebenza.	Phezisa, ngakumbi nabaxhapha zi kunye neenjongo.	Umculo, umdlalo, ubuciko obubonakalayo kunye nombukiso, ukubhala kunye nabafundi, nayiphi na into eyenziwe ngobukrelekrele enomkhululeki.	Ukukhanya okwenziweyo ngesizathu esingachanekanga, njengokuba isikophi yindlela yokusebenzisa inkakhonkolo—uxolo olumangalisa, umsebenzi onamandla—lingafunyanwa ngokuzimisela kunye nokuziqhelanisa nomsebenzi okwenzelwe ukubonakala kubantu abanye. Umgaqala: ukukhanya okwenziweyo ngesizathu esingachanekanga kwakuyinto eyithathiwe kwaye yayilahlazelwa; ubuchule obuqinisekileyo bukhula kwaye buthuthuka ngokwakhona.
Ukubandakanywa kwezinto ezibandayo kunye nokuzilolonga.	Phezisa kakhulu—ukuphakama kwe-norepinephrine kunye ne-BDNF kunye ne-endorphin; olu hlu lukhulisa umoya ngokuqhubekayo iiyure ezimbini ukuya kwezintathu.	Ukungcwelwa ngamanzi asebusini, emva koko ukuzilolonga; okanye ukuzilolonga, emva koko ukuhlambulula ngamanzi asebusini. Yenza oku rhoxakekile.	Ukuhlanganiswa kokutyibilika kunye nokuzilolonga okunzulu kubanga ukunyuswa kakhulu kwe-norepinephrine, efana nomphumela wokuvinjelwa kwe-NET yikokekhona, – ubukwazi, amandla, kunye nobomi – ngeendlela ze-norepinephrine, ngaphandle kwimiba yeentliziyo. Kwinkqubo yengqondo "yomsoli" eyayifumana ukuba ingxenye ye-norepinephrine kokekhona ifanele njengeengxenye ze-dopamine, le nkqubo iyindlela enzela kakhulu yendalo.
Ubuchule bomxholo kunye nokuxhumana okwenziwe ngokwenyani.	Moderate-High — i-oksitokhini + i-endorfini + i-serotonini	Ubudlelwano obuzodwa okukhulu; umphakathi wokubuyela kwempilo; imisebenzi emikhulu enxibelelene nabanye; ukusebenzisa khona apho uthembelweyo.	Umthetho we-cocaine womdla wentsapho, umvuzo wokuzimisela ukuxhumana, ubukeka kakhulu, kunye nomdla ekuthethweni, imvakalelo yokuba uyaziwa ngokwenene kwaye ufumana abanye—yayiyinxenye yomthetho wezinto ezibonakalayo kodwa yayinyani ngenxa yempembelelo eyayikhuluze i-cocaine ukuba ube khululekile kwaye uphinde uthinte. Ukubuyela kwakhuliswe kukuvuselela amandla okuxhumana ngokwenene ngaphandle kwempembelelo. Oku kuya kuba lula kunokubuyela kumdla we-dopamine kodwa kuyakuhlala ixesha elide.

Inkonzo ebanzi—ukusiza abanye ukuba baphinde buphele.	Ephakeme - ixesha elide; umthombo omtinyiselayo kakhulu womdla ongatshintshiyo kwi-Warrior.	Inkxaso yokuphucuka ngabanye abantu, ukunceda, ukukhuliswa, ukuzabalazela, nayiphi na into apho amandla akho "Warrior" aphakamisa ngqo isimo somnye umntu.	Ingqondo yomntu "Warrior" ekuhlelweni kokuphumla kwencutiselo, enengxenye ephezulu yokusebenza, enamandla okubamba ingcango, efuna ukuba namandla, iyona eyodwa yabaxhasi abasebenzayo kangakanani kubanye abantu abanezinto ezifanayo. Umntu owayesele apho umsebenzisi wencutiselo abe khona kwaye owenze ubomi ngaphandle koko unento engathengwanga okanye ingafakaliswa. Abantu abaninzi ekuhlelweni kokuphumla kwencutiselo ixesha elide bathola umthombo wabo omtshutshisayo kunye nonxibeko obuqinile ngokuba ngomxhasi.

Umbhlobo wokuqonda nabanye—ukuzakhela kwakhona ngaphandle kwezinto ezinomthelela.

I-CENTURION – Umsebenzi owayenziwa yi-serotonin ngokuphimiselo.

Ubunzima bomphilo, ukwethembeka, kunye nobubele bokuxoxa obinikezelweyo kukuvinjelwa kwe-SERT ngocokhethi yindlela enye yokusetyenziswa kwicokhethi abantu bazithetha kancinci kwaye bayiphosayo. Umgca wemiba emangalanga—kumntu omningi onobukhengo bokusetyenziswa kwicokhethi—ufumana ukuba akungcono kangangoko kunokusetyenziswa kwicokhethi, kodwa uyafaneleka kakhulu. Iingxoxo zifumaneka njengomsebenzi. Ububele kunye nodibaniso olwenziweyo ngocokhethi lufumana ukuba alikho.

Oko nto, kwaye ikhokelelwa ngokusetyenziswa kwe-serotonin. Inkqubo ye-serotonin iyakubuyela kwimeko yayo eyandileyo xa umntu uyeke ukusetyenziswa kunye nexhasa elikhoyo. Kodwa inkangeleko yombhobho ibaluleke ngokufanayo: Umbhali othe wazibonakalisa ngendlela entle kwiimeko zesosholo ngathi uthatha i-cocaine, kodwa le ndlela yokuzibonakalisa yayiyinkqubo. Le nkangeleko yiyo eyenzeka. Kusenokufuna ukuba ibalwe ngokungathathi naleyo nto esetyenziswa kwiimonakalo.

Umbhobogo:

- Qala kwiindawo ezincinci: yenza ubudlelwane obuqinile kweendawo ezilula (amaqela amancani, abantu abathenjiweyo, iimeko ozifamiliarayo) endaweni yokuthanda ukufuna iinkenkeni eziphezulu kwiimeko zobuxhobo kunye nobomi.
- Ukulungiselela esikhundleni sezinto ezinokutshisa: intswelo enikezwe yi-cocaine, eyenziwa ngokugcwalisa inkqubo ye-serotonin, inokufikelelwa ngolwazi olunzulu—ukwazi into, ukuziqhelanisa nomnxeba, nokwenziwa kwezinto ezinempilo ezifaneleyo ukuze umzimba uzivele enamandla.

Umhlekisi oLungile uya kuba ngcono kunomntu osetyenziswa izityalo kakhulu ngokuhamba kwexesha.

- Ukongezeleko we-serotonin: i-5-HTP (iimigidi engama-50–100 kusentende ebusuku), i-inositol, kunye neprotein efanelekileyo—izongezo zokubuyisela i-serotonin ezikhankanywe kwiSahluko 4.3—zinikeza inkxaso yenkqubo yechiza yangqinga ekuxhaseni umgca wokuvuselela intswelo yokuzithemba kwezinto eziphathekayo.
- Umphakelo woxusa ukubuyela kwempilo kunye: iintsapho ezintathu, i-SMART Recovery, okanye nayiphi na into enye yophako lokuxhasa abantu abaphulukayo, inikeza indawo enzulu yokuziqhelanisa nabanye apho umntu angazikhulula khona kwaye ubambisane ngobuqotho. Oku yiiphakelo ezinokuba nefuthe kumoya womntu, ezifana naloo nto eyayizama ukufikelela kuyo indlu yobomi obukhulu kunye nokusetyenziswa kwe-cocaine.

Isahluzo 7 — Ukuhamba kwi-Recovery Kernel: Imaphupha Yakho.

Iphepha.	Iiprothokholi.	Umgaqo omkhulu.	Iinkokeli ezifanelekileyo zokuphatha ukusetyenziswa kwe-cocaine: * Ukunyamekela kunye nokunceda umntu ongenele ekuhambeni lokubhubha. * Ukuqinisana nomntu ngothando kwaye unikeze inkxaso. * Yenza isicwangco esifanelekileyo sokunciphisa ukusetyenziswa kwe-cocaine. * Qaphela izimpembelelo zengqondo kunye nomzimba. * Ukuba umntu uphoqe, thatha kwi-Recovery Kernel okanye ukhangele usopoliso olufanelekileyo. * Yenza ubudlelwano obuqinileyo neenyawo ezifanelekileyo. * Ungayilungisi ukusetyenziswa kwe-cocaine; umcedi ofanele unokunika inkxaso. * Ukuba ufuna usizo, yiya kwindawo efanelekileyo okanye uqhagamshelana neenyawo ezifanelekileyo.
Uvavanyo lwezempilo (imihla engama-0 ukuya kwangama-7).	Umdokotela, ukuba kuyimfuneko, udokotela wezifo zentliziyo, umdokotela wamakhala, okanye udokotela wezifo ezibuthakathile.	Uphononongo lwegalari; i-CBC (umhlahlandlela womlingo) kwi-levamisole; uvavanyo lwendawo yintlama; uvavanyo kwezifo ezithathelwayo/i-HIV/i-HCV; uvavanyo lwe-ADHD ukuba kuyimfuneko.	Oluvavanyo lwezokwelapha kufuneka lwenzeke ngophondo lokuqala lokubuyela kwempilo, hhayi eminyakeni. Ukuntlontlonziya okubangelwa yi-Levamisole kunokuba yingozi kwaye kungaphilisa ukuba ingabanjwanga. Umonakalo ovela kwi-cocaine kuluhlelo olwandileyo. Uluhlu lwezokwelapha alungumgca wokuzikhulula—yeyona nto ekunxibelelene nobuntu.
Isisekelo Sobuzwa (Iintsuku ze-	Protocol 07, Protocol 09, Protocol 17,	NAC, i-tyrosine, i-5-MTHF, imagnesium, i-5-HTP, ukudlala	NAC ngomhla yoku-1. I-Tyrosine ngomhla yoku-1. I-Magnesium ngomhla yoku-1. Ukulahlekelwa

1 ukuya kweziyi-14).	Protocol 18.	umthambo, intambo yokulala.	kwe-monoamine okubalulekile kudinga ukuxhaswa lokulungiswa okubalulekile kusukela ekuqaleni. Ipulasini leprotocol "stimulant crash sonic" (60–80 BPM, imifanekiso ethandekayo) ngeveki yokuqala. I-Protocol 07 (ukulutya) igxininisa i-protein—ukulungiswa kwe-dopamine kunye ne-serotonin kudinga izinto ezisetyenziselwa ukwakha i-amino acid.
Ukufakwa kwemaphuputo e-genomu (iiveki ezili-1 ukuya kwezini-4).	Isahluzo 15 (Incwadi), uvavanyo lwe-COMT, i-DRD2, i-DAT1, i-SLC6A4, i-MTHFR.	COMT constitution; i-score yeSindiswe yokuPhazamiseka; ukufunyanwa kwezinto ezifakwayo; amabhayometri e-ADHD.	COMT Val/Val confirmation yile nto yokufumanisa ebonakalayo kakhulu—itshintsha yonke indlela yokwakwa kwe-recovery. I-DRD2 A1 allele ibonisa umntu onobunzima obubini ofuneka ukuba unokuqala okomeleleyo. Izimpawu ze-ADHD (DAT1, DRD4) zingabonisa ingxaki enye esifuna ukuyilapha ngokwayo.
Ubuchulebo bomsebenzi (Iiveki ezili-2 ukuya kwezili-12).	Iprotocoli 03 (umgca), Iprotocoli 04 (iphondo), Isahluko 6 kule ncwadana.	Ukuzilolonga ngobulimia obukhulu kancane; ukufunda iinkampani ezifaneleyo; umsebenzi oqoshwa ngobuciko; ukwandisa ubudlelwano.	Ibhokisi le Warrior ayinakufundiswa ukuba luhlale kwaye livumele ukuphucuka. Kufuneka kunikezwe iprojekthi enobunzima obuqinileyo. Fumanisa ngokukhawuleza indlela yendalo yokuzifihla—ngaba le ntlanzi zizakuyintoni? Ngokunjabulisayo, ngaba yintoni ezifanele ukuba ibanxibe? Ezi zigqibo ezenziwe ngeveki yesi-2 ukuya kweyesi-4 zimiselwa kwayo yonke impilo yokubuyela kwempilo.
Ubume bomhlaba kunye noBukamo (Iiveki ezili-2 ukuya kwezili-12).	Protocol 02, Protocol 05, Protocol 08, Protocol 13	Ukuthintelo kokutshintshelwa kwesityenziso; ukususa izinto ezikhumbuza; ukuguqulela kabusha indlela yendlu kunye nabantu abakuzungezileyo; ukufunda iindlela ezenzekelayo.	Ukuzimisela kwiimpembelelo zekokhethi ukuba ngumphumela omandla kakhulu kwisifo senyango. Iprotocoli 05 (ukuguqulela kwendlu) ifuna ukuba kube nenkqubo malunga neendawo ezithile zomntu, abantu, kunye nezimo ezinxibelelene nokusetyenziswa. Indawo yomntu osebenzisa okokhethi kufuneka iguqulelwe ngokucwangcisiwe—ayenzi ukuncipha kuphela kodwa kuguqulelwe ngendlela entle.
Ukunyamekela i-ADHD (iiveki ezimbini okanye ngaphezulu, ukuba	Udokotela wezempilo ongumelulek i oqinisayo kwiimpilako.	Ukukhusela kwe-ADHD engenzi ukukhuthala; inkxaso yobuntlalo yokufundisa; inkxaso kwiimfuno zokuphatha.	Ukuba uvavanyo lwe-ADHD luqinisekisa ukugcinwa, kufuneka kuqalwe kutreatment engenzi kwi-stimulants (njengoko iinyanga ezifana ne-atomoxetine, bupropion, guanfacine, kunye ne-viloxazine) ngaxeshini nomkhulu

kuyimfuneko).			wokulibazisana. Ukwelapha i-ADHD lunciphisa ukukhuthala okubuyela kumiphumo yengqondo ye-cocaine kwaye linikezela ngoncedo kwezinto zokusebenza zomdibaniso, nto leyo eyayifunwa umdibaniso ukuze ifumane.
Ulwakalo lweNkcubeko (iinyanga ezili-2 ukuya kwezili-12).	Protocol 20, Protocol 21, C-28	Ubungqina bomntu ngaphandle kokusetyenziswa kwe-cocaine; ukuguqulela ubungqina bomntu kunye nobomi bomsebenzi; ummiselo.	Ukuxhashwa kwe-cocaine kwi-Warrior oftem lubandakanya ubungakanani okanye ubumyolelwano obwenziwe ngocokeyini, echiswe kukusebenza kwalo. "Ndingenzi umsebenzi wam ngaphandle koko" yinto evamile kwaye yenye into ebonakala ngokwenene. Le nkqubo yobungakanani ibhekana noku: ukubaluleka okwenyani komsebenzi wobungakanani kubukwenzeka njani, echiswe kumthamo oqinile kunokunyamelwa ngemithi?
Umdlalo omde (iinyanga eziyi-6 okanye ngaphezulu).	Protocol 24, Protocol 25, C-28, C-31	Ubuchule bomgaqo; umncintiswano kunye nokuzenzilela usebenza ngokupheleleyo; iNtsholongwana esibonakalayo ngendlela epheleleyo, engenazinto ezinokutshintsha.	Umbhali wezinto ezininzi wayenza okungenantla ngolu hlobo lomntu. Uphondo olusebenzayo kakhulu lokubuyela kwempilo, olunokuzivocavuca, indlela yokuncintisana, inkqubo yobugcisa, ubudlelwane obuqinileyo, nomsebenzi onento. Umgca ofanayo womlingo owawusenza ukusebenzisa i-cocaine manje usenza into enzulu.

Isigaba 8 — Iphepha leNcedo Yomdla Wokunakekela.

Njengokuba kunjalo kwi-opioids, iibenzodiazepine, kunye notywala, akukho ngcebiso olunyulweyo yi-FDA (iNdawo yoPhando lweZempilo) esetyenziswa ngokuthembekile ekubandlululekeni kwesityalo. Oku kukungabi nenkqubo yokunakekelwa, kwaye ukuba nesifo sokusetyenziswa kwesitya, kubangela ingozi enkulu yokuphila kunye nokufa, kwaye ukungabikho kweengcebiso ezifanelekileyo zokunyanga ngendlela eyakhelweyo kukho olunye ucingo olukhulu ekubandlululekeni.

Kukho nantoni?

Imithi enefuthelo lokusetyenziswa kwiintlekele zokuxutyuka kwe-cocaine.

Igalelo.	Ubufakazi kunye nedinga.	Ezinto zombini: i-genomics kunye neenkcazelo zeenkqubo zokunakekelwa.
Bupropion (Wellbutrin)	Ukuthintela ukubuyiswa kwe-dopamine ne-norepinephrine; ubungakanani obuncinane bomlingo wokunciphisa ulwimi olukhulu; ubungakanani obukhulu bomlingo kwiingxaki zengqondo ezifana nomdindo ekuphumeni kwedwa.	I-CYP2B6 ibalwa—abantu abangabalwisi kakuhle banokuba nezinga eliphezulu kakhulu le-plasma ngemithato eyandayo. Abantu abanengenezi ye-Val/Val COMT kunokuthi bathabathe i-bupropion kwaye ifumane ukukhuthaza okwaneliseyo kwe-dopaminergic ukuze bunciphise ulwimi oluyingozi. Inefunction ezimbini: ibalapha ukutsalaliswa kwengulu kunye nomoya, kwaye inikeza nawona amandla athile e-dopaminergic kuloo nto eyayikhokelela kumgca wemvelo. Ibalapha nakho i-ADHD ukuba ikhona.
Modafinil / Armodafinil	Umthuthi onceda ukuba umntu akulala, onezinto eziguqule i-DAT kunye ne-NET; kukho ubungqina bokunxibelelana nokunyanwa kwe-cocaine kunye nomsebenzi wengqondo	Ayinto isikena esingenayo imiphumo ye-amphetamine, kodwa ikhuthaza ukuhlala umva kwaye inikeze inkxaso encinci yodopamine ngaphandle kokuba neengozi ezinkulu zokuthanda. Ilunye ilungelo ngokukhethekileyo kubantu abanolwazi olomileyo kunye nokukhululeka okuncinci ngexesha lokuphucuka kwakhona kwi-cocaine. Iyasetyenziswa yi-CYP3A4. Nxibeze nomdokotela ogxininileyo kwezinto eziyenza ukuthanda.

	kwiiphuzu zokuqalisa ukubuyela kwakhona.	
Naltrexone.	I-antagonist yezikhungo zokudlala i-opioid — ilunciphisa umphumela wokunandisela we-cocaine ngokulungiswa kwekhambi le-opioid; kukho ubungakanani obomileyo bokuba kunemfihlo yokunqanywa yi-cocaine kwiithanga ezithile.	Abathengi be-OPRM1 A118G bonomanyana kakhulu. Ezinye izibonakaliso zikhangeleka ukuba i-naltrexone inganciphisa ilungelo lokukhuthala lokusetyenziswa kwe-cocaine, nto leyo enokwenziwa ukuba ukuphindaphindiweyo kwentliziyo kungabi lufanele. Ayiyona into esisisebenzayo kodwa inokufanelekela kwiimeko zokusetyenziswa kokubini kwe-cocaine kunye notywala.
I-GLP-1 agonists (isemaglitide, tirzepatide).	Ukunciphisa umgca wokunxibelelana "ufuna" ngokusetyenziswa kwe-dopamine kunye nokulungiswa kwiseti yemfuno. Idatha entsha evela kwi-2025–2026 ibonisa ukunciphiselwa okubonakalayo ekusetyenzweni kwe-cocaine.	Ukukhuliswa okubalulekileyo olusenzekayo kwiitekhnoloji zonyango lwe-cocaine. Le nkqubo efanayo eyibonise ukuncipha kwe-50–60% ekusetyenweni kwentshiza, kwaye iidatha ezifikelelayo malunga nokubulala ngentloko ye-opioid, manje ibonisa ubungqina bokuqalayo mayelana ne-cocaine. Xele umdokotela—iprofayili yezinzuzo zokutshabalalisa inganceda nakwezinye zezinto eziphathekileyo ezibangelwa kukusetyenziswa kwe-cocaine.
Disulfiram (Antabuse)	Ukusetyenziswa okungagunyaziwe kwe-cocaine—kuyalibala i-dopamine beta-hydroxylase, kunciphise ukukhiqizwa kwe-norepinephrine kwaye kungathinta ukubhencwako kwe-cocaine.	Ubufakazi obuhlukeneyo—amanye amanqaku abonisa ukuncipha kwemfuno, kwaye amanye ayenzi. Kungaba ngcono kubantu abanengxaki yokusetyenziswa kwe-alkohol kunye neminye imifuzo. Kufuneka ukuba umntu uncame nge-alkohol ngokupheleleyo (ukusetyenziswa kwe-alkohol kunokubangela ingxaki enkulu). Abantwana abane-ALDH2 variant: banokuphila inkqubo enzulu kakhulu xa besetyenzisa i-alkohol.
Ukukhutshelwa kwe-ADHD engenzi ukukhuthala.	Ukuba i-ADHD ichongiwe kwaye ibonakala, yoo: atomoxetine, bupropion, guanfacine, viloxazine; ebonisa	Onye wabo yindlela ebalulekileyo kakhulu yokunyanga ukusetyenziswa kwe-cocaine, ngakumbi kwabo banobungozi bendaDHD. Umntu owayesetyenzisa i-cocaine ukuze afumane inkululeko okwangoku unolunye uhlwalo olungabonakalisiyo. Oku kususa enye yezinto ezibalulekileyo ezenza umntu

	ingxaki eyomileyo ye-DAT/DRD4 ekubeni umntu wayisebenzisa i-cocaine ukuziphakamisa.	asetyenzise i-cocaine. Xelela ugqirha osebenza kwiimpembelelo zokunyanga ukuxakekile.

Iphelele.

I-CENTURION – Umhlekisi Wayengufuni Ukubaleka. Wayefuna Impilo Enento Ekufunweniwayo.

Le ngxenye yencwadi ithobelwe kulabo abaye bawile umva ngaphambi kokuba nabalwe ukuba ubunzulu bomzimba wabo akuyona into eyenza bangabufazana. Kwinkqubo-mlawulo yamaqhawekazi, abo abaye bawile umva babonakala njengabahamba kakhulu—abahleliyo, abanemigangatho ephezulu, nabathumela ngamandla. I-cocaine yabafumana kuba yayilakhelwe ngokuchanekileyo kulokho abalinganayo kunye nalokho abayifunayo.

Abangawo abantu, akuyona imigudu. Yile nqanaba elifanelekile le-dopamine elifanele ukugcina umva womntu ubomi obaphilayo kwaye olufunekweyo. Oko i-cocaine eyinikezayo yile signal. Oko i-cocaine ibanga kukho konke okunye.

Ukubuyela kwempilo obonisiwe kulolu ngcebango akuxhishiswa kukuba ube umntu oqinileyo, omde kwaye onamandla. Umbhali waloo ngcebango awuyi kuba umSage (umakhulu) ngelixa ubuyela kwimpilo. Ubunzima abuya kuchitheka. Udinga ukuziva uphilayo abuya kuchitheka. Izinga lokucutshungulwa kwe-dopamine abuya kuchitheka.

Into ekuyiweyo yinto yokuba akusafunekanga ukuzalaza umzimba ngesinye isixhobo esonakalisa inhliziyo—ngokwenkcazelo—ukufumana isiginali efanelekileyo.

Umntu ophilile impilo yakhe kwaye uphinde uhlala, owenza umsebenzi ngamandla afana nomlingo, obhunga kwinto ebubudlana bakhe, enza into engabonakali phambili, akwakhi into ezosiza abantu abasekunye naye—awuyi kuba yindlela ephambi kwaye encinci kumntu owayesele ngamakhokheli. Yindlela epheleleyo. Le ndlela ekubalulekileyo okwaye ayenziwa ngumntu onamandla.

Impumelelo yayilwenyanya ukufunyanwa. Yayifanele nje ukuba ifumaneke kwindawo elungileyo.

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Bhekisana ne-Recovery Kernel Complete Centurion Compendium ukuze ufumane yonke imithetho echaziweyo.

Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

⚠ **IMISEBENZI YOKUNCIPHISA UMNGENI – AKUYONA INGCEBO YEZOKUVAKALISHO.**

Indlela yokubuyela kwindlela elungileyo kwaye uphile ukusetyenziswa kwe-cocaine usebenzisa i-Recovery Kernel | Uchungechunge lokuqondisa oluxhomekeke kumahluko eziyinxenye.